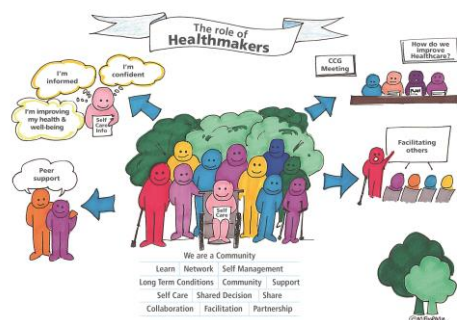


HealthMakers

Living with a long term physical health condition?
Want to learn how to self-manage your condition better?



Free NHS Self Management Courses now available for people living in Bracknell and Ascot, Windsor, Maidenhead, Slough and the surrounding areas

Six week course start date	Time	Venue
Monday 14 th January	1.00pm – 4.00pm	Langley Pavilion Community Centre Langley Road, Slough SL3 8BS
Tuesday 15 th January	1.30pm – 4.30pm	Owlsmoor Community Centre Yeovil Road, Sandhurst GU47 0TF
Wednesday 16 th January	1.00pm – 4.00pm	Windsor Youth and Community Centre Alma Road, Windsor SL4 3HD
Monday 4 th March	1.00pm – 4.00pm	Windsor Youth and Community Centre Alma Road, Windsor SL4 3HD
Tuesday 5 th March	1.00pm – 4.00pm	Britwell Community Centre Wentworth Avenue, Slough SL2 2DS
Wednesday 6 th March	1.00pm – 4.00pm	Bracknell Open Learning Centre Rectory Lane, Bracknell RG12 7GR



www.facebook.com/HealthMakersUK

For more information and to register your place:
email: HealthMakers@berkshire.nhs.uk
telephone: 01344 415947
website: www.berkshirehealthcare.nhs.uk/HealthMakers

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