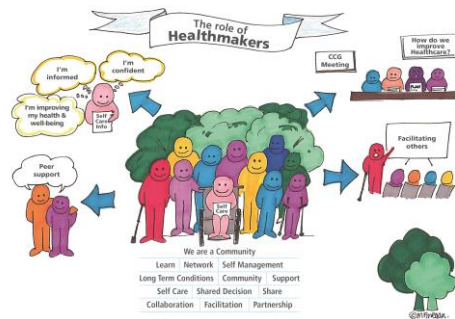


HealthMakers

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 and Slough

Six week course dates	Time	Venue
Monday 15 th January – Monday 19 th February	1.00pm – 4.00pm	Bracknell Open Learning Centre Rectory Lane, Bracknell. RG12 7GR
Monday 15 th January – Monday 19 th February	1.00pm – 4.00pm	Larchfield Community Centre Desborough Park, Off Desborough Crescent, Maidenhead SL6 4BB
Monday 15 th January – Monday 26 th February (no session on 12/2/18)	5.30pm – 8.00pm	Slough Aspire, 350 Edinburgh Avenue, Slough Trading Estate, Slough, SL1 4TU
Wednesday 21 st February – Wednesday 28 th March	1.00pm – 4.00pm	Owlsmoor Community Centre Yeovil Road, Sandhurst GU47 0TF
Wednesday 21 st February – Wednesday 28 th March	1.00pm – 4.00pm	Langley Pavilion Community Centre Langley Road, Slough SL3 8BS
Wednesday 21 st February – Wednesday 28 th March	1.30pm – 4.30pm	Windsor Youth and Community Centre Alma Road, Windsor SL4 3HD



www.facebook.com/HealthMakersUK

For more information and to register your place:

Email: HealthMakers@berkshire.nhs.uk

or telephone 01344 415947

Working with


Berkshire Healthcare
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