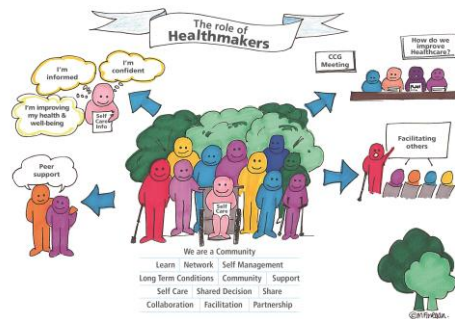


# HealthMakers

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



[www.facebook.com/HealthMakersUK](https://www.facebook.com/HealthMakersUK)

For more information and to register your place:

Email: [HealthMakers@berkshire.nhs.uk](mailto:HealthMakers@berkshire.nhs.uk)

or telephone 01344 415947

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