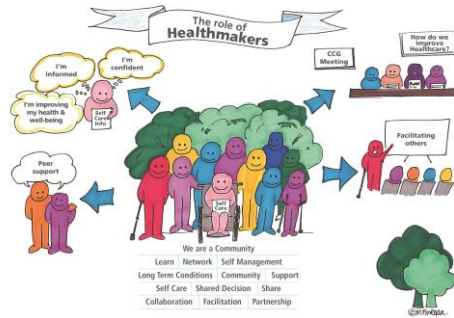


# HealthMakers

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



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

For more information and to register your place:  
email: [HealthMakers@berkshire.nhs.uk](mailto:HealthMakers@berkshire.nhs.uk)  
telephone: 01344 415947  
website: [www.berkshirehealthcare.nhs.uk/HealthMakers](http://www.berkshirehealthcare.nhs.uk/HealthMakers)

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