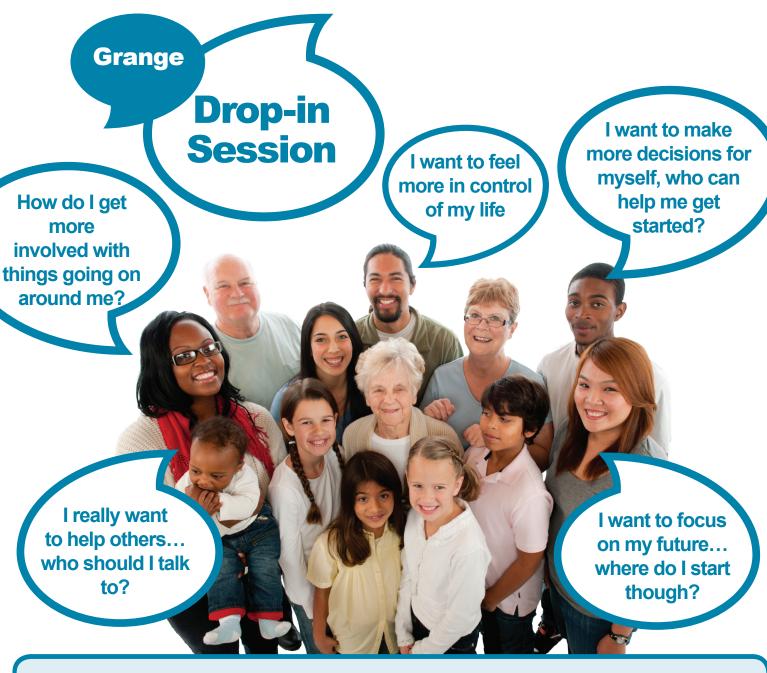
## **Cumbria County Council**





For Support and Advice talk to your Health & Wellbeing Coach:

"Helping you to explore your vision of a good life."

Allison Johnston 0300 303 2704

**Venue: Grange Health Centre** 

Dates: 29 August 10 till 12 every other week.