

Grange

Drop-in Session

How do I get more involved with things going on around me?

I want to feel more in control of my life

I want to make more decisions for myself, who can help me get started?

I really want to help others... who should I talk to?

I want to focus on my future... where do I start though?

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.