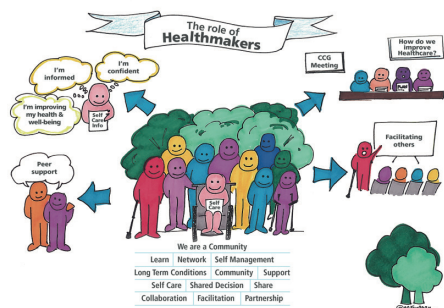


# HealthMakers

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
Tuesday 30 <sup>th</sup> April	5.30pm – 8.30pm	Bracknell Open Learning Centre Rectory Lane, Bracknell RG12 7GR
Wednesday 1 <sup>st</sup> May	1.00pm – 4.00pm	Langley Pavilion Community Centre Langley Road, Slough SL3 8BS
Thursday 2 <sup>nd</sup> May	1.00pm – 4.00pm	Windsor Youth and Community Centre Alma Road, Windsor SL4 3HD
Monday 17 <sup>th</sup> June	5.30pm – 8.30pm	Slough Aspire, 350 Edinburgh Avenue Slough Trading Estate, Slough SL1 4TU
Tuesday 18 <sup>th</sup> June	1.00pm – 4.00pm	Bracknell Open Learning Centre Rectory Lane, Bracknell RG12 7GR
Wednesday 19 <sup>th</sup> June	1.00pm – 4.00pm	Windsor Youth and Community Centre Alma Road, Windsor SL4 3HD



[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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