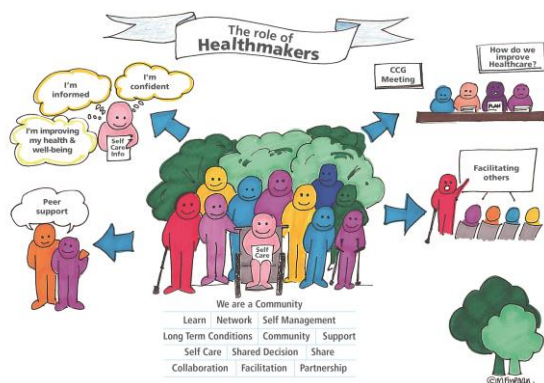


# HealthMakers

Living with a long term physical health condition?  
Want to learn how to self-manage your condition better?

**Free NHS Self-Management  
6 week courses now available  
for people living in Bracknell  
and Ascot, Windsor,  
Maidenhead and Slough**



**Book your place now:**

| 6 week course dates  | Time               | Venue  |
|--|--------------------|--|
| Monday 17 <sup>th</sup> June –<br>Monday 22 <sup>nd</sup> July       | 5.30pm –<br>8.30pm | Slough Aspire, 350 Edinburgh Avenue<br>Slough Trading Estate<br>Slough SL1 4TU |
| Tuesday 18 <sup>th</sup> June –<br>Tuesday 23 <sup>rd</sup> July     | 1.00pm –<br>4.00pm | Bracknell Open Learning Centre<br>Rectory Lane<br>Bracknell RG12 7GR           |
| Wednesday 19 <sup>th</sup> June –<br>Wednesday 24 <sup>th</sup> July | 1.00pm –<br>4.00pm | Windsor Youth and Community Centre<br>Alma Road<br>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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