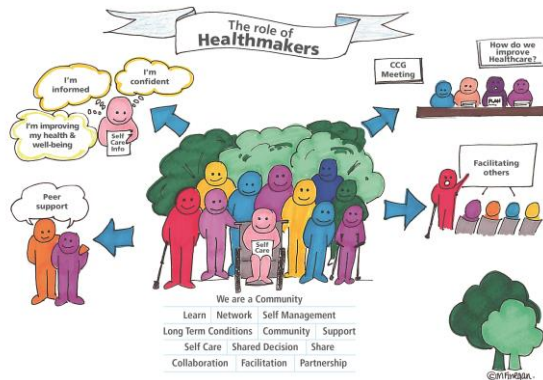


# HealthMakers

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, Slough, Windsor  
and Maidenhead**

**Book now to register your place:**

| 6 week course start date              | Time            | Venue  |
|---------------------------------------|-----------------|--|
| Monday 16 <sup>th</sup> April 2018    | 5.30pm – 8.30pm | Slough Aspire, 350 Edinburgh Avenue, Slough Trading Estate, Slough SL1 4TU               |
| Wednesday 18 <sup>th</sup> April 2018 | 1.00pm – 4.00pm | Bracknell Open Learning Centre Rectory Lane, Easthampstead, Bracknell RG12 7GR           |
| Thursday 19 <sup>th</sup> April 2018  | 1.30pm – 4.30pm | Larchfield Community Centre Desborough Park, Off Desborough Crescent, Maidenhead SL6 4BB |



[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)  
website: [www.berkshirehealthcare.nhs.uk/HealthMakers](http://www.berkshirehealthcare.nhs.uk/HealthMakers)  
or telephone: 01344 415947**

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