

Taking Care of Yourself

Come and join this friendly and supportive course where you can talk about health and feel more confident and positive.



Starting Thursday 16 January 2014
for 12 sessions 9.30 - 11.30am



at Ship Shape Health and Wellbeing Centre,
The Stables, Sharrow Lane, Sheffield S11 8AE

- We will discuss** - • What being healthy means to you
• What things affect your health • Ways to be more in control of your health and make positive changes • What local services are available and how to use them

An opportunity to share information and find out more about health issues

To enrol on this course you can:

Phone the WEA Sheffield Learning Centre on **0114 242 3609**

Email: yhsouthwest@wea.org.uk or Online: www.wea.org.uk/yh

Course fees **£78.00** or **free** to people on selected means tested benefits.

For more information please contact:

Ship Shape on 0114 250 0222
www.wea.org.uk/yh

Please note that there are steps to access the venue

