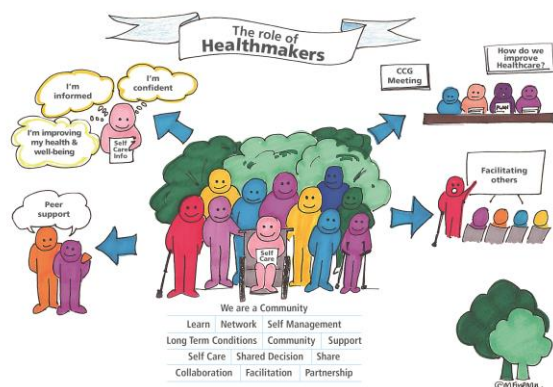


# HealthMakers

Living with a 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, Slough and Maidenhead**

Six week course start date	Time	Venue
Friday 15 <sup>th</sup> September	10am -1pm	Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR
Monday 25 <sup>th</sup> September	6.30pm – 9pm	Slough Aspire, 350 Edinburgh Ave, Slough SL1 4TU
Tuesday 26 <sup>th</sup> September	1pm – 4pm	Datchet Village Hall, Allen Way, Datchet, Slough SL3 9HR
Thursday 5 <sup>th</sup> October	1pm – 4pm	Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR
Tuesday 7 <sup>th</sup> November	1pm -4pm	Bracknell Open Learning Centre, Rectory Lane, Bracknell RG12 7GR



[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)**  
or telephone 01344 415947