

# FEEL GOOD AGAIN



## AND JOIN THE HEALTH EXPERIENCE

This is a **FREE** five week course where you can try out a range of practical activities that will help you “feel good again”.

TO FIND OUT MORE AND BOOK A PLACE- CALL  
DAWN

ON 07853 243838 OR EMAIL [paulyoung1@talktalk.net](mailto:paulyoung1@talktalk.net)



## A FREE COURSE

KEY THINGS  
WE WILL LOOK  
AT

KEEP ACTIVE

HEALTHY  
COOKING

Lots of practical  
HEALTH  
INFORMATION

COME AND JOIN  
THE FUN

Course Starts  
Tuesday 23rd  
February

10-12

St Saviours Church  
HIGH GREEN