

# Women's Health and Wellbeing Course



SUPPORTING THE COMMUNITY THROUGH ADVICE, SUPPORT & SERVICES

## What is it?

A **free** 13 week course designed for women whose first language is not English and are considering having children, or having further children.

The **free** course is available to local women to improve their Health and Wellbeing before, during and after pregnancy.

Complete the course and receive a training certificate and support to access volunteering opportunities.

## Why take part?

Women from certain black and minority ethnic groups can be at greater risk of having low birth weight babies, which can impact on their children's health.

The course is delivered by qualified tutors as part of an overall Skilled for Health Programme. The Healthy Living Centre, a well established community interest company based in Aylesbury, provides a variety of health & wellbeing services throughout Buckinghamshire.



**Free** crèche on request – enquire when booking your place

## How to book?

Aishah Mobile: 07815582017

Tel HLC on: 01296 334562

Email: [info@healthylivingcentre.com](mailto:info@healthylivingcentre.com)

[www.healthylivingcentre.com](http://www.healthylivingcentre.com)

## Where and when?

Date: 30.10.17

Time: 12.30pm -2.30pm

Location: The Healthy Living Centre( CIC)

Walton Court Community Centre

Unit one, Hannon Road

Aylesbury, Buckinghamshire

HP21 8TJ



