

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?

Rani Mobile: 07507704867

Tel HLC on: 01296 334562

Email: info@healthylivingcentre.com

www.healthylivingcentre.com

Where and when?

Date: 30.10.17

Time: 12.30pm -2.30pm

Location: Newtown Childrens Centre

Berkhampstead Road, Chesham, Buckinghamshire HP5 3AT



