

'Moving On'

- ⇒ Are you aged between 50—65 years?
- ⇒ Have you recently over-come a significant illness?
- ⇒ Are you learning to live with a life-changing condition?
- ⇒ Are you looking to face the next stage in your life—perhaps get back to work or volunteering?



Moving On may be for you.

A course of 6 free sessions delivered by trained staff. This programme can help you take the next steps to a better life after a life-changing illness or condition

Where: Wigston Library

When: Fortnightly from 13th June 2019

Time: 10.30am—12.30pm

To enrol on the course or for further information, come and have a chat with the team in Wigston library on 6th June from 10.30am -12.30pm or contact

Ros Moore—0116 22 37 370

Karen Valentine—0116 204 64 40

