



Free Health and Wellbeing Course

- Stress
- Tiredness
- Pain
- Tense muscles
- Difficult emotions
- Difficulties with sleep
- Depression
- Mobility issues

Do you recognise any of these symptoms?

Are you interested in joining a group for 2 ½ hours

For a 6-week Health and Well-Being course

Forthcoming Courses:

Green Meadow Community Centre

Thursday 14th March 2019

Time 1:00 pm till 3:30 pm

All EPP courses are led by trained tutors, who live with a health condition or care for someone with a health condition. **For more info or to book a place on a course, contact Jules Horton** via T: 01633 247674 | E: jules.horton@gavowales.org.uk



Find us on Facebook to keep up-to-date with new courses etc.: **@EPPCymru**

