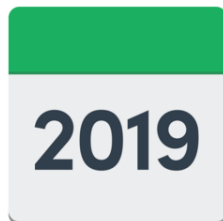


The Big Health Day “My health, my life” Take more control and responsibility for your own health.

Information, workshops and activities for people with learning disabilities, their families and staff.



Join us at
Chatsworth School
Chatsworth Rd,
Eccles,
Manchester
M30 9DY



Light lunch included

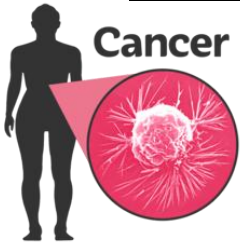


To book a place or talk about your support needs, including transport and lunch, contact Linzi Brook on 0161 212 4951 or lindsey.brook@nhs.net

There will be 7 ‘learning zones’ with a workshop session for each zone and information stalls.

Learning Zones

Choose up to 4 workshops each.

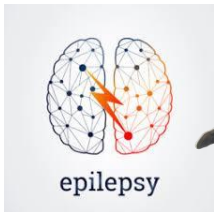


Cancer

1. Cancer – what to look out for
a. People First, Merseyside



2. Being confident
a. CLDT Psychology team



3. Epilepsy
a. Sharon Leah, Community Nurse



4. How to complain
a. Kim Doolan, pathways Associates



5. Your health rights and advocacy
a. Mind in Salford



6. Healthy eating
a. Amanda Anderton, Community Nurse



7. Exercise
a. Salford Community Leisure and Empower.