

# ROSE BUDDIES

## Ladies' Group

Sara John is an Occupational Therapy Nurse for the NHS. Sarah will be running some **FREE** workshops to help women learn more about **self image, applying make up dealing with stress, anxiety, bereavement, healthy eating,** and how to feel good about yourself in social situations.

**Refreshments are available at a small cost!**



Healthy  
Living



### Who are the workshops for?

Women with learning difficulties, and live in the Wokingham area.

### When are the workshops?

- Monday 6<sup>th</sup> February 2012 1-3pm
- Monday 13<sup>th</sup> February 2012 1-3pm
- Monday 20<sup>th</sup> February 2012 1-3pm
- Monday 27<sup>th</sup> February 2012 1-3pm
- Monday 5<sup>th</sup> March 2012 1-3pm
- Monday 12<sup>th</sup> March 2012 1-3pm
- Monday 19<sup>th</sup> March 2012 1-3pm
- Monday 26<sup>th</sup> March 2012 1-3pm

### Where will the workshops take place?

**44 Rose Street, Wokingham, RG40 1XU**



### Would you like to attend?

Places are limited so *please let us know* if you would like to come to our workshops.

Ring Lisa on tel: 0118 979 9106 or email:

[lisa.hookway@creativesupport.org.uk](mailto:lisa.hookway@creativesupport.org.uk)



creative  
SUPPORT



WOKINGHAM  
BOROUGH COUNCIL

NHS