



Wokingham
Learning Disability
Partnership Board

Self Advocate Workshop

Tuesday 8th June, 10am-12noon
Bradbury Community Centre, Wokingham

Eat Well and Get Active!



Get ideas about living a healthy life,
including...

How to
get fit at
home!



How to shop
for healthy
food!



Find out about local
groups you can join
to help you lose
weight and get
active!



For more information or help with transport please email
admin@partnershipboard.org.uk or ring the
Partnership Board Office on: 05600 766 114