

WELLBEING WEDNESDAY

@ SUZI'S SPACE

What is it?

A six-week course where you will get together with a small group of people, in a safe space to talk about wellbeing.

Each week we will talk about a different topic to support you to look after yourself well including...

Healthy Relationships	Keeping Safe	Good Sleep Practice	
Eating Well	Personal Hygiene	Keeping Warm	Anxiety

Who is it for?

If you live in South Ayrshire, have a learning disability, and would like to learn more about living safe and well, come and join us.

Where is it?

Suzi's Space, Arrol Park Resource Centre, Doonfoot Road, Ayr.

When is it?



Next course starts on **Wednesday 1st March 2023** and runs for 6 weeks from **2pm** to **4pm**.

Interested?

For more information or to book a space, phone Christine on 01292 614914 or email christine.brown@south-ayrshire.gov.uk

