

SELF CARE WORKSHOP

**Join us to learn about ways to look after your
health and wellbeing**



**Thursday
19 November**



10am to 12 noon



**Bromley Mencap, Rutland House,
44 Masons Hill,
Bromley, BR2 9JG**



We will talk about different ways to look after your health and wellbeing, including breathing, drinking enough water, setting personal health goals, using the NHS App and making healthier choices when shopping for food.

Please book your place in advance.

Please contact us by telephone or email to book your place.

PHONE

020 8466 0790

EMAIL

Chetan.raval@bromleywell.org.uk

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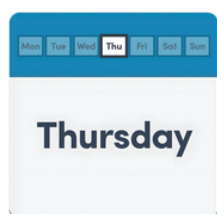


South East London

Self Care Workshop



Come to our Self Care Workshop for Self Care Week. We will talk about ways to look after your health and wellbeing.



Date: Thursday 19 November



Time: 10am to 12pm



The workshop will be at:

Bromley Mencap Training Centre,
Rutland House,
44 Masons Hill,
Bromley, BR2 9JG



We will talk about these topics:

Breathing

We will learn about breathing and how it can help us feel calm.



Drinking water

We will talk about why drinking enough water is important.



Healthy food choices

We will talk about making healthier choices when you are shopping for food.



The NHS App

We will look at the NHS App and how it can help you.



Our health goals

We will think about one thing you would like to do to improve your health and wellbeing.



Please book your place on the workshop:

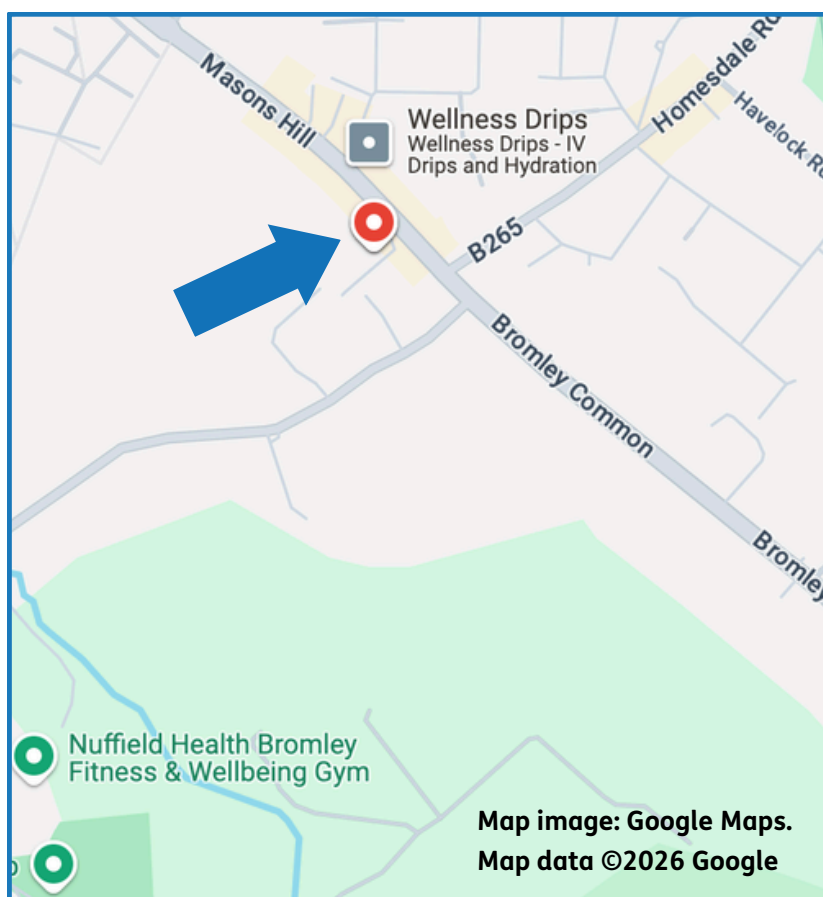
Call Chetan or Emma
on 020 8466 0790 or email
Chetan.raval@bromleywell.org.uk

Map and directions

Address: Bromley Mencap Training Centre, Rutland House,
44 Masons Hill, Bromley, BR2 9JG

We are located at the rear of the Bromcom building.

Walk through the alleyway on the right, and you'll find the entrance to the Bromley Mencap Training Centre at the back.



By bus: Masons Hill is just outside Bromley town centre and on the main A21 bus route. Buses 61, 208, 261, 320, 336, 358 stop close by.

By train: Bromley South is the closest train station.

By car: There is no access to car parking at our office unless you have a Blue Badge. There is limited on-street parking with a number of restrictions.

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