## Taking Action for Whole Health & Wellbeing



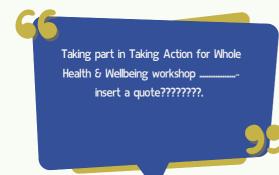
# **WORKSHOP**







Taking Action for Whole Health & Wellbeing is a self management education programme that offers an opportunity to learn how to take more control of your wellbeing.



### What to Expect:

- Discover strategies to help look after your health and wellbeing
- Learn about ways to help you build resilience.
- Develop plans to help you recover or improve your wellbeing.
- Better understand how to support your own self care
- Take part in discussions about self compassion, self esteem, hope and support.

#### Join Us for an interactive workshop

- ist, 2nd, 8th and 9th April 2025
- 12:30pm-4pm
- Carnegie Library Ayr- History Room
- Free of charge

#### For More Information

- **1292** 665699
- Booking required, phone above number.

