

# 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.

“Taking part in Taking Action for Whole Health & Wellbeing workshop .....- insert a quote?????????.”

### Join Us for an interactive workshop

- 📅 1st, 2nd, 8th and 9th April 2025
- 🕒 12:30pm-4pm
- 📍 Carnegie Library Ayr- History Room
- £ Free of charge

### For More Information

- ☎ 01292 665699
- ✉ Booking required, phone above number.

