

Keeping well and looking after our lungs



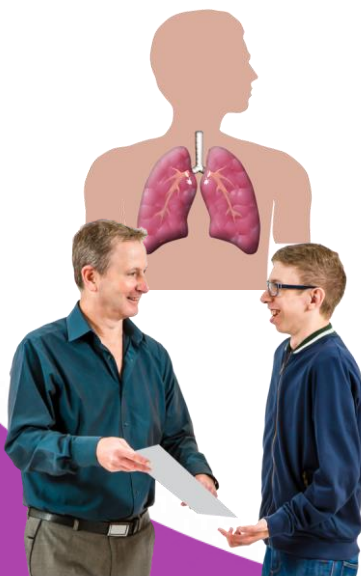
This workshop is for people with a learning disability, autistic people, their families and carers.

What is this workshop about?

SpeakEasy Now, Inclusion North and people who work in the Learning Disability Team have worked together to put on this workshop.



We want to make sure that people have the right information and support to help them live a healthy life.



In this workshop we will share lots of useful information and tips about keeping well and how to look after our lungs.



Come and join us.

Date, time and how to book a place:

On Wednesday 30 October 2024
There will be 2 Free Workshops at the
Aspire Hub, Canal Road, Hereford



You can choose to come at one of the
times below:



10.00am – 12.00pm

Or

1.00pm – 3.00pm



**To book your place on the workshop or if you have
any questions, please contact Dave Evans, Health
Checkers Project Officer at Speakeasy NOW**



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