

HAPI

Health Awareness Promotes Inclusion



A Free 8 week course covering the following:

- **Your Health and You**
- **Health Checks-** blood pressure, glucose, BMI, etc
 - **Healthy Ways To Deal With Stress**
- **Pathways To a Healthier Body-** diet, smoking, alcohol
 - **Steps to positive Emotional Health**
- **Healthy Sex-** contraception, Menopause...
- **Healthy Families-** children's health

Contact Dee/ Cheryl at the Women's Centre, Guildhall Street, on 71267672

deewykes@womencentre.co.uk



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