

Grange

Drop-in Session

How do I get more involved with things going on around me?

I want to feel more in control of my life

I want to make more decisions for myself, who can help me get started?

I really want to help others... who should I talk to?

I want to focus on my future... where do I start though?

For Support and Advice talk to your Health & Wellbeing Coach:
"Helping you to explore your vision of a good life."

First Friday of Every Month 09:30-12:30
Grange-over-Sands Library

Please feel free to come and see us for a chat