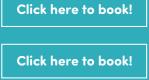


## Health and Wellbeing for Speakers of Other Languages

Our Health and Wellbeing for Speakers of Other Languages courses are designed to support people whose first language is not English and increase their overall confidence and support them to improve their wellbeing and become more independent in their local communities.



Click here to book!

Click here to book!

Monday 13th September 10am – 12pm | 2 Weeks

**Monday 13th September** 1pm – 3pm | 2 Weeks

**Tuesday 14th September** 10am – 12pm | 2 Weeks

**Tuesday 14th September** 1pm – 3pm | 2 Weeks

For more information contact: