



Health
Works for
Cornwall

No Man left Behind: You are not alone! Workshop



Dates: 21 Sept, 28 Sept, 5 Oct
Time: 10.30am - 12

In these times of great change, this **FREE** online workshop will be a supported space to be honest about yourself, your challenges, your fears and your hopes.

- Discover what is uniquely you and valuable
- Consider the changes you want for your future
- Connect with and support others **#itsoktotalk**

An uplifting opportunity to start believing in yourself a little more... the first step on your new path!

To book your **FREE** place, please email **HWC@pluss.org.uk** or call **07546 412325 / 07751 095395**

Please book early as places are limited (up to 12 per workshop)



European Union
European
Social Fund