



Health
Works for
Cornwall

The ME within WE: Your time is here! Workshop

Dates: 30 Sept, 7 Oct, 14 Oct
Time: 10.30am - 12

Parents! Time flies when your little ones grow every day. Join our **FREE** online workshop to think about what's next for the **YOU** part of **WE**.

As they start to take independent steps in the world, sketch out your next chapter, reflect and address what change means for you.

This first step on a path to new adventures for you and your family will be led by the inspirational Julie Thompson; with ongoing support to achieve your life and work goals from your local Pluss Health Works for Cornwall team.

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