

# Calderdale Self-Advocacy Network

## Be Healthy Group

Last Wednesday of every month 1-3,  
The King's Centre, Park Road, Halifax



If you have a learning disability and would like to learn more about being healthy then come and join our group. We have guest speakers, new topics and lots of friendly people to meet.



We will be holding cooking sessions in 2016 so come and learn new skills such as food hygiene, meal preparation and healthy eating. We'll also be trying some arts and crafts for relaxation and wellbeing



### Facebook Café:

As part of the Be Healthy group we will be running a Facebook Café. Come along and see how to use Facebook and other social media.



If you are not already using social media or Facebook don't worry we can help you.

For more information about the Be Healthy Group please contact Janet on 07436 102544 or Jackie on 07769 167762

 Twitter— caldselfadvoc

 Facebook—Calderdale Self Advocacy Network