



HEALTH IMPROVEMENT & DEVELOPMENT SERVICE



# feeling good, being you



**FREE five-week course at St Mary's Community Building,  
St Mary's Road, Fratton**

**From 22 March to 3 May 2011, 2-4pm**

Over 55? Feeling the winter blues? Come and spring into action with some uplifting activities to maximise your wellbeing!

Please contact Julie Roberts on 023 9268 8705 to book your place

