



Free Buggy Walk

As part of Self-Care Week 2015 why not come along and keep yourself fit with our gentle group Buggy Walk through beautiful surroundings? This walk is open to all families including those who are not registered with a Children's Centre. Come rain or shine we will be out strolling for Self Care Week!

Monday, 16th of November, 10:00am

Meet at the front of The Alders and Chestnuts Children's Centre, Branksome Hill Road, Sandhurst, GU47 0QE

Email ASCHH.CommissioningTeam@bracknell-forest.gov.uk for more information or just turn up on the day!

Self-care means keeping fit and healthy and looking after your mental wellbeing, as well as knowing how to take medicines, treat minor ailments and seek help when you need it. If you have a long term condition, Self-Care is about understanding that condition and how to live with it.



NHS
*Bracknell and Ascot
Clinical Commissioning Group*



To see more of what's going on for Self-Care Week 2015 visit www.bracknell-forest.gov.uk/selfcare