



BOOTCAMP

# Free Boot Camp Session

As part of Self-Care Week 2015 why not come along and enjoy our Free Boot Camp Session. This session will consist of running, bodyweights and resistance exercises.

**Saturday, 21st November 2015 09:00 - 10:00**

**Harmans Water Playing Field, Harmans Water Road, RG12 9NB  
(adjacent to Ripplesmere)**

Email [ASCHH.CommissioningTeam@bracknell-forest.gov.uk](mailto:ASCHH.CommissioningTeam@bracknell-forest.gov.uk) or call 01344 352765 to book your FREE place as places are limited.

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.



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

  
**Bracknell and Ascot  
Clinical Commissioning Group**

