



Thinking Ahead Workshop for carers:

Health & Wellbeing

Wednesday 27th March 2019, 9.45am – 2pm
at Wokingham Town Hall, Market Place, Wokingham, RG40 1AS
(the nearest long term car park is Cockpit Path, Sturges Road)

Wokingham, Bracknell & Districts Mencap is offering a series of workshops based on the theme of 'Thinking Ahead' for carers of people with a learning disability/autism. Funding for this workshop has been provided by Wokingham Borough Council and fundraising. ***Please note that these workshops are limited to residents of the Bracknell and Wokingham Boroughs.***

This workshop will include speakers and information on:

'Pranic Healing' (complementary therapy)
Relaxing music with the 'Fun2sing Social singing group'
Information on keeping healthy

(The first guest speaker will start at 10.10am prompt - you do not have to have attended previous workshops to attend this event)

Refreshments and free lunch included

Booking is essential by Wednesday 20th March for catering purposes

To book a place or for more details, please return the slip below to the Wokingham, Bracknell & Districts Mencap office at The Court House, Broadway, Town Square, Bracknell, RG12 1AE or email admin@wokinghammencap.org or telephone 0300 777 8539.

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I/we would like to book.....place/s on the Thinking Ahead Workshop on Wednesday 27th March

Name of Carer(s).....

Telephone /email contact.....

I am a member of the charity: **Yes/No**

I have special dietary requirements: **Yes/No**

If YES please specify.....