

Dear All,  
This series of discussion workshops  
develops out of the fibroids programmes  
of speakers on treatments and gives  
more time for us to talk at length  
about the underlying issues that  
affect our health. We hope that you  
will find these useful.

Noreen Howard and Beverley Blaize

## BLACK WOMEN'S HEALTH & WELL BEING

Feeling exhausted?

Low energy?

Always tired?

Confused about the best way forward on a health  
issue? Short of ideas to change things? Want to  
look at some of the hidden reasons that prevent  
us from being well? Come and share your  
experience and get practical self-help support at  
Griot's Support Group for Black Women

WEDNESDAYS - 7 - 8.30

ISIS FAMILY HEALTH  
185 Rushey Green  
Catford SE6  
next to post office

July 20, August 3, 17, 31  
September 14, 28, October 12, 26  
2005

£6

A Day group is being planned

For further information leave a message for Noreen on -  
8697 1600 or email Noreen: [griotonline@hotmail.com](mailto:griotonline@hotmail.com)