

BLACK WOMEN'S HEALTH AND WELLBEING

2006

Discussion forums where Black women make a difference to the year ahead by making time to meet and to talk about issues that affect their health and wellbeing. It's an opportunity to better manage your time, your priorities, support and strengthen your health and wellbeing. Each meeting will have a theme from the following:

- letting go of stress
- healing through creativity
- black women in management
- relationship issues
- living your dream

The facilitator will be Beverley Blaize, Health & Wellbeing Counsellor and author of Journey of the Orphan Child – a black women's experience of life challenges.

Meetings are informal, welcome new women and will take place on Wednesdays from 6.30pm - 8.30pm

DATES:

FEBRUARY 22ND

MARCH 15TH

APRIL 5TH

MAY 10TH

JUNE 14TH

JULY 12TH

The venue is @ Isis, Kings Court, 1 Harton St, Deptford, SE8 4DD - near Deptford Bridge DLR Station

£6

further information: griotonline@hotmail.com
or leave a message for noreen on 8697 1600