

Threshold

A Women's Only Service

**Making
the
most of
the NHS**

Women's Group for BME, Refugees & Asylum Seekers

A 6 week group with a free crèche

4th Feb – 18th March 2010

Thursdays 10 am – 12 pm

**Providing Support & help to develop
healthier lifestyles and wellbeing**

Do you understand how to read
medicine labels?

Do you know which bits of a
prescription to fill in?

Do you know how to find a
doctor or to make an
appointment?

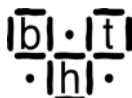
Do you know what these people
do—chiropractor, dietitian,
physiotherapist, pharmacist?

If the answer to any of
these questions is
"NO" then join this 6
week course.

As a group you will
choose a wide range of
topics about the
NHS—things that
concern the health of
you and your family.

**Contact : Zoe for more information on : 01273 626444
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THRESHOLD
Women's Mental Health Initiative



city college | brighton and hove