




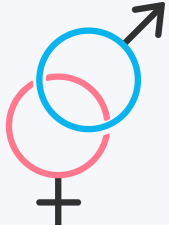


Health workshops

Schedule of sessions

The health workshops we will be running this month include..

April 2025

		<h3>Understanding nutrition</h3> <p>How to <u>eat healthy</u> and <u>plan meals</u>. With Buffy Rowe.</p>
		<h3>Understanding anxiety</h3> <p>What it is, <u>how to prevent it</u> and <u>what to do</u> if we feel anxious.</p>
		<h3>The Bridge Service</h3> <p><u>Sexual health</u> for the LD and Autistic community <u>in Islington</u>. With Jeremy Woods.</p>

What time?
10.30AM - 12PM

Where?
34 Islington Park
St. Islington N1 1PX

Will there be
tea and coffee?
Yes!

Please call, text or email us if you would like to come:

Jules: 07495 918 724 - julesdebellis@elfrida.com