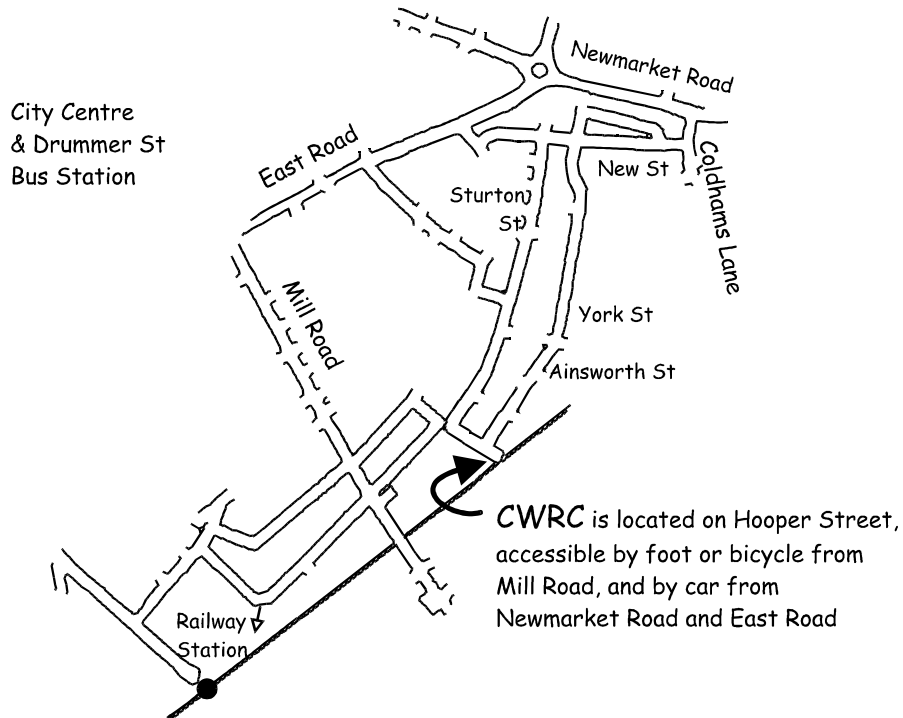


CWRC

Opening Times:
Cambridge School Term
9.00am to 4.00pm



**Free Healthy Living
2 day Workshop for Women
at Ross Street Community Centre
14th & 21st July 2009**



**Women working together for all women to provide
information, support and training**

CWRC receives funding from several sources, including the Learning and Skills Council and Cambridge City Council. Donations are always welcome.



Registered Charity No 801240
Company No 2192672.



**Cambridge Women's Resources Centre
Hooper Street, Cambridge, CB1 2NZ
Tel: 01223 321148
www.cwrc.org.uk**

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**The FREE 2 day Healthy Living Workshops will take place
At the ROSS STREET COMMUNITY CENTRE, ROSS
STREET (OFF MILL ROAD), CAMBRIDGE, CB1 3UZ
Dates and Times below:**

**Day 1 - Tuesday 14st July at 10am-2.30pm &
Day 2 - Tuesday 21st July at 12noon-4.00pm**

**If you would like to register for the FREE 2 day workshop,
please contact Reception on:**

Tel: (01223) 321148

Or Email: naima@cwrc.org.uk

**Please get in touch as soon as possible to register your
place. Leave your name and contact number and we will
get back to you.**

This course is free to all learners because of funding from the NLDC fund Neighbourhood Learning in Deprived Communities . This course is only open to women. Due to funding requirements, priority will be given to lone parents, but all women are welcome to

apply. A crèche is available for pre-school children.

The workshops are FREE and will be run in the Hall at the Ross Street Community Centre, Ross Street, (off Mill Road), Cambridge, CB1 3UZ. There will be between 8 and 12 women on the workshops. It will be friendly and informal and there are no entry requirements.

The Healthy living workshops will involve how to prepare and cook healthy food and will focus on exercise of the core muscles. The aim of the workshop is to show women how to maintain a healthy lifestyle. The workshops are funded by the Development fund and are free to all women. The workshops are targeted at women over 19 years of age and those who would benefit from a healthier lifestyle.

If you have any additional needs, you are encouraged to contact the Workshop tutor before the start of the workshops, so we can discuss how best to support you. The tutor is Hong Tan and she can be contacted on (01223) 321148.



Map showing location of Ross Street Community Centre below: