

HEALTH FOR LIFE



Thursdays 10.30am -12pm

Next course: 3rd March 2022

Courses run throughout the year. Each course includes five **free** workshops.

Take better care of yourself:

Self-care. Why it's important.

Oral Health & Body Care.

Food for Mood.

Sleep Well.

Low Cost Exercise.

- H** Holistic services
- O** Open to all
- P** Person centred
- E** Empowering

Free

Book Now

The Hope Hub

Tel: 01276 581174

www.thehopehub.org.uk

Email: admin@thehopehub.org.uk

Knoll Road, Camberley, Surrey GU153SY

Registered Charity No:1176452

Supported with
Funding from



**Community
Foundation**
for Surrey



EAT WELL TO LIVE WELL



Thursdays 10.30am -12pm
Next course: 13th January 2022

- H Holistic services
- O Open to all
- P Person centred
- E Empowering

Courses run throughout the year. Each course includes five **free** workshops.

Learn to make healthier choices:
Choosing balanced & interesting diets
What counts and what doesn't
Food labels: hidden facts
Healthy snacks
Healthy meals on a budget
Stay for lunch and chat further

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BASIC BUDGETING

Fridays 10.30am -12pm

Next course: 4th March 2022

Courses run throughout the year. Each course includes five free workshops:

Make better use of your money:

What do you want to do with it?

Money in vs money out

Achieving your goals

Short cuts to the best deals

Basic banking



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UNDERSTANDING TENANCIES



Fridays 10.30am -12pm

Next course: 14th January 2022

- H** Holistic services
- O** Open to all
- P** Person centred
- E** Empowering

Courses run throughout the year. Each course includes five **free workshops:**

- Understand different types of tenancy.**
- Know your rights and your responsibilities.**
- Learn how to balance your housing costs.**
- Be savvy and save on energy bills.**
- Take care of your new home.**

Free

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