

Optimise your health with **Braveheart**

Please join us in St. Bernadette's Community Room, Edward Avenue, Larbert.
to meet the fabulous Braveheart Health Mentors who will help you with small steps to
improve your health. You will receive a free tea/coffee and have a chance to chat.
This is a joint initiative by Braveheart Association, stbernadettesps and
StBernNursery

You are welcome to bring a friend or two.

Monday 11th January 2016 9.00am -9.40am 11.00am -11.40am

Thursday 14th January 2.15pm-2.55pm

An onsite crèche is available (limited to 10 places) #STBHWB

**Feel good and improve your health by
taking part in the Braveheart's free health
mentoring sessions**

**Our mentors will help and support you in
making simple changes to help you enjoy
good health**



Optimise Will Help you

- understand **health** messages in a fun way
- make small lifestyle **changes** and **good choices**
- feel **fit and healthy**

Individuals : just get in touch about coming along to a free Optimise session

Community Groups : we can deliver appropriate Optimise sessions to group free of charge

Health Professionals : We are happy to receive referrals from your practice

Falkirk Community Hospital
Majors Loan
Falkirk
FK1 5QE

For more information on Optimise or Braveheart please contact Eva Asante on:

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Or visit: www.braveheart.uk.net /Also find us on Facebook

The Braveheart Association is a Recognised Scottish Charity No. SC034617