

LIVING WELL

Delivered by
South Ayrshire Lifeline

Would you like to take your first steps in your Living Well journey and meet some like-minded people?

The workshops will help you:

- Connect with Others
- Find Online Self-Management Resources
- Build Confidence
- Food & Mood
- Learn Relaxation Techniques
- Keep Focus to Stay On Track
- Feel Secure Around Online Digital Safety

You will require to have your own tablet, laptop or PC to access Zoom.

You do not need to purchase Zoom and basic 'how to operate' training will be given.

For more info or to book, contact:

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How much?

Free!

How long?

**2 Hours
Once a
Week**

Where?

**Online via
Zoom**

This initiative is a collaboration of local agencies and funded by the Health & Social Care Alliance.

