



SelfHelpServices
helping people to help themselves



MANCHESTER
CITY COUNCIL

Whalley Range Living Well Course

A six week course for people over 55

The Whalley Range Living Well course is suitable for anyone aged 55 or over who lives in Whalley Range.

The course aims to help you:

- Meet new people in your local community
- Develop your levels of social support
- Improve your self-esteem and general well being
- Learn how to manage stress, low mood and worry

This is a six week course and each session lasts for two hours.

The course will be held at:

**Tangmere Court Sheltered Housing,
Dudley Road,
Whalley Range M16 8DF**

For more information and the latest course dates, please contact the Community Services Team on Tel: 0161 226 3871, E-mail: communityservices@selfhelpservices.org.uk or visit the website www.selfhelpservices.org.uk