

Places are going fast
Book now to avoid disappointment



Simple, common sense ways to protect your body shape

Postural care is all about protecting your body shape if you have difficulty moving.

Any person who finds it hard to change position through the night can find themselves getting 'stuck' in a limited number of positions. This can lead to lots of problems such as finding it hard to sleep or depending on others to change position.

Over a long period of time

a person's body shape can change and this can lead to serious secondary health complications.

We are holding a number of awareness & learning sessions across **Essex**—we want to hear what is happening in



Essex now and we want to share some great news.

FREE accredited and quality assured training for families, carers and personal assistants will be available in Essex in the coming months.

Come along to the **FREE** information sessions to find out more, ask questions and sign up.

Come along and find out more...

Do you have movement difficulties or do you support someone who does, perhaps a member of your family or someone you are paid to support or do you work in services who support people with movement difficulties?

We would like to invite you to one of the 9 sessions we have planned at various locations in Essex these will be interactive sessions starting at 10am and finishing at 2pm. Drinks and biscuits will be provided. We want to work with you to make sure everyone is getting the right support in Essex.

Tues 24th May—Basildon
Weds 25th May— Chelmsford
Thurs 26th May—Saffron Walden
Fri 27th May—Brentwood
Mon 6th June—Braintree
Tues 7th June— Harlow
Weds 8th June— Colchester
Thurs 9th June— Clacton

An additional evening session has been added on Weds 8th June 6.30—8.30pm at Southview School in Witham

To book your place please email us with your details telling us which event you would like to attend: sarah@posturalcareskills.com or telephone us on: 01827 304 938 or 07729 552 626 We will then send you further details of the venue including directions. Places are limited so please don't delay!