

# Free Thriving Communities MECC workshops.

Use local knowledge and skills from individuals, families and communities to build thriving communities.







## What is a MECC workshop ?

Making Every Contact Count (MECC) is about having 'everyday health chats' to help and support the wider community.

At this friendly and informal workshop you will learn new skills to help you connect with others and build positive experiences.

### At the workshop you will:

- Meet people from your area
- · Learn skills to help make small health and wellbeing changes
- · Receive information to educate, empower and engage others
- Find out about local groups, clubs and activities.

### Workshop dates:

Monday 28 January, 10am - 12.30pm, Burnley Brow Community Primary School, Victoria St, Chadderton, OL9 0BY

Tuesday 12 February, 10am - 12.30pm, St Chad's Centre, Lime Green, Oldham OL8 3HH

#### How to book

Places are limited to 25 per event so book early. To book your free place call 0161 339 2345 or via the Action Together website **www.actiontogether.org.uk/events** 

#OldhamsThrivingCommunities

