



# Women's Social Network

**Join Life Style Coach Sheila Caulfield for dedicated time for yourself**

These regular sessions are designed to be led by you, a forum of women in a safe, comfortable and encouraging environment talking about the things that matter to them, guided by Sheila to ensure that the conversations are stimulating and have a useful outcome.

To find out more email [annaliese.sissons@barchester.com](mailto:annaliese.sissons@barchester.com) or call/text 07780 257865

**Saturday 19th September. 1.30pm - 3pm**



**Herne Place Care Home**

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