

You are invited to the

# *Health & Lifestyle Open Day*

at

*The Lamplight Arts Centre*

Front Street, Stanley

*Wednesday 24th January* between *10.00 a.m. & 2.00 p.m.*

Improve your health and well-being  
Understand and manage your health condition  
Receive financial help and advice  
Develop new skills through training or employment

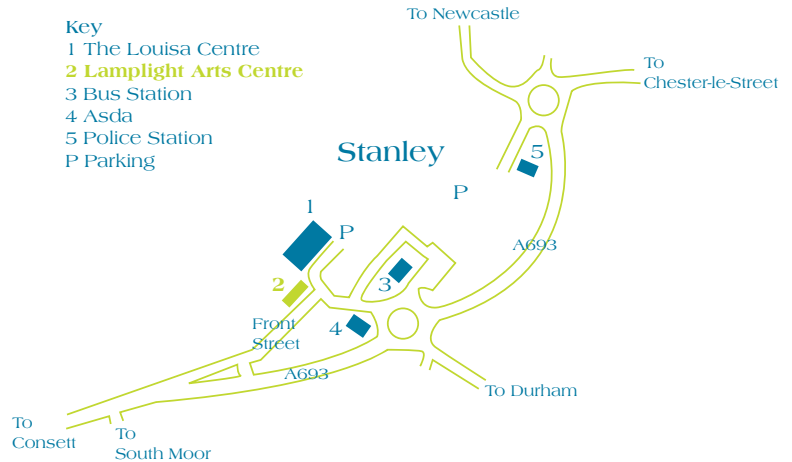
*Feel free to bring a guest*

*“The Open Day was really informative.  
I had several important questions  
answered on benefits and back pain”*  
**Nigel, at the Durham Open Day**

*“It was a great experience, everyone was  
friendly, I didn’t know what to expect but  
I’m so glad I came”*  
**Jane, at the Jarrow Open Day**

*“Excellent! I enjoyed every minute, the  
chef was great, and I loved the massage  
therapy, it felt great to be pampered  
for a change”*  
**Hazel, at the Sunderland Open Day**

**derwentside employment team**  
supporting you on the route to employment



*For more information call  
freephone 0808 178 1898*