

Developing YOU

A 9-week course for adults with a learning disability to help you become happier, healthier, and supported towards employment.

- 3 hours per week
- Meet new people
- Improve how your body and mind feel
- Support to get online
- Better understand the world of work
- 1 to 1 support from an Employment Advisor
- Find out about other support services and groups

FREE

Starts 15 October 2024

**2pm - 5pm
Tuesdays**

**Thackray Museum
of Medicine**

For info / to book,
please contact Sarah:
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