



Disability Awareness Day 2019

Staying Healthy – Mind and Body

Thursday 15th August

11 am – 3 pm

Ground Floor, The Oracle Reading

RG1 2AG

Easy wheelchair access by Minster Street
(at the back of John Lewis)

Visit the new Changing Rooms Facilities
on the Riverside level

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Disability Awareness Day 2019

PROGRAMME & ACTIVITIES

- 11 am Welcome
- 11 am - 3 pm - Easy-yoga session / Free Blood Pressure Checks / Shoulder and neck massage / Art and craft / Lip Reading and Free Hearing Tests
- 11:30 am - 2:30 pm - Access to work drop-in (DWP)
- 12 pm to 1 pm - Tai-chi demo / Tea & Jam band

For further queries, email us at pdsn@reading.gov.uk or call 0118 937 2383

Information stalls include.....

Carers Hub ✨ BERKSHIRE REMAP ✨ JobCentrePlus / DWP
Reading Association for the Blind ✨ Reading Deaf Centre
Thames Valley Police ✨ Compass Recovery College
Arthritis Matters ✨ Redland Healthcare ✨ Talking Therapies
.....and many many more !

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