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**Are you a disabled person or have a long term health condition & live in the Lothian area?**

**Do you want to become more confident and positive about your future?**

**Then book a place on our Living & Work Choices Course**

**On**

**22nd, 25th, 29th August & 1 Sept 2016**

Lothian Centre for Inclusive Living is running a series of four day courses covering a range of topics aimed at supporting disabled people and people with long term conditions to maximise their potential and participation in community life. Course topics include Session one: Personal Development (Confidence Building etc.), Session two: Equality, Session three: Self Directed Support & Planning for the Future, Session Four: A Working Life.

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To find out more & to register your interest please:

Telephone Kelly or Eleanor at LCIL on 0131 475 2350

Email either [kelly.jack@lothiancil.org.uk](mailto:kelly.jack@lothiancil.org.uk) or

[Eleanor.Docherty@lothiancil.org.uk](mailto:Eleanor.Docherty@lothiancil.org.uk)

**Transport can be arranged if required**