

Health and Welfare Project Enriching Communities

Winner of:

GNF Scottish Charity Awards 2009

The Scottish Asian Business Awards 2009

Scottish Empowerment Awards 2005

Contribution to Others Finalist 2005

Empowering Women and Families
Since 1987



Integration Partnership of the Year Award for 2017

Finalist in the Health and Social Care

Integration Award Category for The Herald Society Awards 2017

"a happy woman is a happy family..."

NKS Health and Well-being Project



- **WOULD YOU BE INTERESTED IN IMPROVING YOUR AND YOUR FAMILY'S OVERALL HEALTH AND WELL-BEING?**
- **WOULD YOU LIKE TO PARTICIPATE IN MINDFULNESS ACTIVITIES TO WORK TOWARDS A HEALTHIER LIFESTYLE?**
- **ARE YOU INTERESTED TO PARTICIPATE IN CONVERSATION SESSIONS AND COFFEE MORNINGS AND MAKE NEW FRIENDS?**

WE ALSO OFFER ONE TO ONE ADVICE AND INFORMATION.

WELCOMING ALL AGES AND COMMUNITIES.

PLEASE GET IN TOUCH IF YOU WOULD LIKE TO FIND OUT MORE ABOUT THE PROJECT.

YOU ARE NOT ALONE AND WILL BE EMPOWERED BY JOINING THE NKS HEALTH AND WELL-BEING PROJECT.

WE LOOK FORWARD TO SEEING YOU!

Funded by:  Scottish Government
Riaghaltas na h-Alba
gov.scot

EVOC INFORMATION
.ORG.UK
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ADVOCACY

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