Next topic... **A good plan**

**Thursday 23 February 2017, 2pm—4pm**

@ Penicuik Town Hall

- Planning ahead can make it easier to cope when circumstances change
- Planning gives people choice and control over the future. It helps us to put the right support in place
- However many of us don’t plan ahead, which can cause problems

What makes a good plan? What should be in it? Who should be involved in making it? Where should it be held? How do we make sure plans are used?

**Join us for interesting, lively debate!**

To book a place please call Catherine on **0131 271 3411** or email **catherine.evans@nhslothian.scot.nhs.uk**