**ULab Taster session**

**FREE**

**Dunbarney House Education Centre**

**Dr Gray’s Hospital**

**Elgin**

**11th September 2017, 6.30-8.30pm**

(Refreshments provided)

**“We can't *solve problems* by using the same kind of thinking we used when we created them”
Albert Einstein**

We are at a precarious crossroads in the world, with many personal, social and global challenges arriving at a time when people have never been so isolated, nor communities so fragmented and disconnected.

**How can we transform life for people in Moray?
How can we engage people in their wellbeing and health care?**

U-Lab offers an effective participative model for profound personal and social change, the change coming from within the individual first through self-awareness, and then an awareness of the change needed to meet our emerging future.

Supported by the Scottish Government as a tool to explore radical change in Scotland, this online international course is FREE and participative.

The Moray Wellbeing Hub will be supporting a ULab group every Friday for this year’s course beginning 15th September – our intention will be around topics linked to mental health, health and social care transformation, population wellbeing and community empowerment.

**There is no commitment to sign up for the full course, so if you are interested why not come along!**

**Find out more online:**

Search: Eventbrite

Visit: moraywellbeinghub.org.uk

Visit: Facebook (moraywellbeinghub)