



A Local Information System for Scotland



# What keeps you well?

From peer support and money advice to hobby clubs and walking groups, communities contain a wealth of resources that can support our health and wellbeing.

ALISS helps communities work together to find and share information about these groups, services and activities.

Join our **ALISS Community Roadshow** to get involved and hear more about:

- How ALISS can help people to find support in your area
- How you can raise awareness of your own group or service
- How you can share your knowledge of local resources

**Come along to one of our ALISS Awareness Sessions on:**

**Tuesday 25<sup>th</sup> April 2023 10.00 – 12.00**

**at Spectrum Centre, 1B Margaret Street, Inverness IV1 1LS**

*Or*

**Wednesday 26<sup>th</sup> April 2023 14.00 – 16.00**

**at Spectrum Centre, 1B Margaret Street, Inverness IV1 1LS**



[www.aliss.org](http://www.aliss.org)



Alternatively, if you are unable to attend in person you could attend one of our Virtual workshops which will take place via Microsoft Teams by clicking the links below:

Wednesday 3<sup>rd</sup> May 14.00 – 15.00 - [Wednesday 3rd May 14.00-15.00](#)

Tuesday 9<sup>th</sup> May 10.00 – 11.00 - [Tuesday 9th May 10.00-11.00](#)

Thursday 11<sup>th</sup> May 18.00 – 19.00 - [Thursday 11th May 18.00-19.00](#)

To confirm your attendance at one of the in-person events please can you send an email to [lynn.mcneil@highland.gov.uk](mailto:lynn.mcneil@highland.gov.uk) stating the date you wish to attend and the number of people attending.

If you are unable to make any of the proposed dates but are still interested in finding out more about ALISS, then please do not hesitate to contact us using the contact details below.

Email [hello@aliss.org](mailto:hello@aliss.org) or phone 0141 404 0239



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