



Five to Thrive (FiTT) Communities Project

Hosted by
Devizes
Area
Board

As a **key member** of your local community, you will be regularly **creating opportunities** for people to **come together and connect**. Brain science tells us that **connected relationships are vital** to our wellbeing, to helping people manage the stresses of life (including past trauma), and to building individual and community resilience.

What's in it for you?

- **Find out** about the power of human connection and the value and impact your everyday interactions have on the lives of people in your communities from birth to old age
- **Learn** about the Five to Thrive model and how you can apply it
- **Be inspired** to share key learning and messages with others in your community, and attend a follow-up, online *community action* session
- **Meet other people** who are making a difference in your community

Where: Yeoman Room, The Corn Exchange, The Market Place, Devizes, SN10 1HS

When: Tuesday 18th June 2024

Time: 5.45pm - 8.45pm (Doors open at 5.30pm)

The session will include facilitated learning, table-top discussion, a free buffet and refreshments

Spaces are limited so register early by emailing: Areboards@wiltshire.gov.uk

