

Winter Wellbeing

4 Week Course

| Week | Date | Time | Course |
|--------|-------------------------------------|-------------------|------------------------------|
| Week 1 | Wednesday 4 th November | 12:30pm to 1:00pm | Top Tips for Anxiety |
| Week 2 | Wednesday 11 th November | 12:30pm to 1:00pm | Living Beyond Depression |
| Week 3 | Wednesday 18 th November | 12:30pm to 1:00pm | Getting A Good Night's Sleep |
| Week 4 | Wednesday 25 th November | 12:30pm to 1:00pm | 5 Steps to Wellbeing |

For more information, contact Caroline Morewood, GPSW
Quayside Medical Practice On 028 7126 2790

**FREE
ONLINE
COURSE**

Enrolment open until 4th November
To Register:



(028) 7186 5149



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