

# Wellbeing



# Workshops

Would you like a bit of "me-time" and a chance to try our different activities to help you feel well?

We would love to see you at our coffee morning / wellbeing taster, starting Tuesday 16 November at St John's Primary School. We will be offering different activities and advice and support around lifestyle and how to promote better wellbeing. Free toiletry pack to anyone who completes an workshop.

These are free sessions.

For more info, call the Health Improvement Team  
on 0191 272 4244



**Healthworks**  
the community health charity