

Free 4 Week Course

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Mental Health Through the Seasons

Supporting ways to manage and maintain wellbeing in each season and across a year

Wednesdays 17th, 24th & 31st
January and 7th February

1-3pm

The Pavilion, 7 Cokayne Avenue,
Ashbourne, DE6 1EJ



Company No 5758432
Charity No 1117141

For more information
contact
sarahlowe@dfmh.co.uk

 **01629 733915**

Derbyshire County Council
Public Health Funding

