Free 4 Week Course



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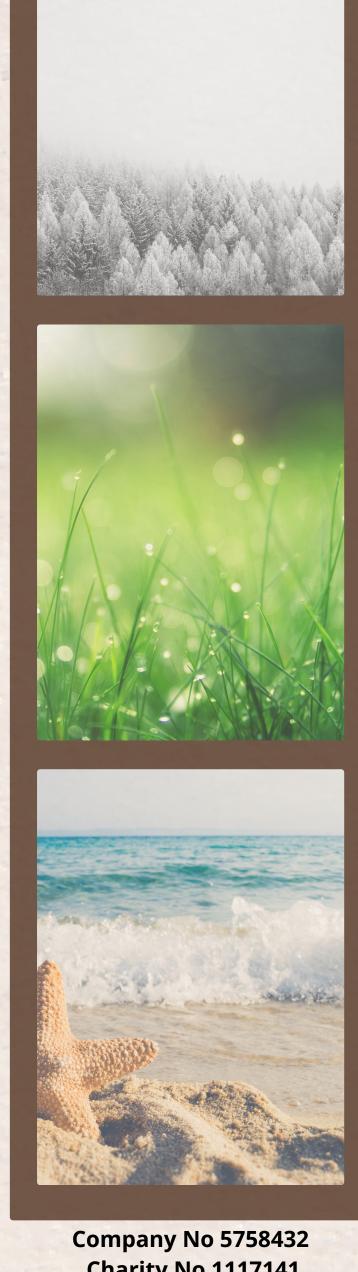
Mental Health Through the Seasons

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

ONLINE

Tuesdays 23rd & 30th January, 6th & 13th February 5.30pm - 7.30pm

For more information contact sarahloweedfmh.co.uk



Charity No 1117141



Derbyshire County Council Public Health Funding





