

# NEW!

## 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

Starting Tuesday 7th November  
10am - 12pm

The Club Room, Wirksworth Town Hall,  
Coldwell Street,  
Wirksworth, DE4 4EU



Company No 5758432  
Charity No 1117141

For more information  
contact  
[sarahlowe@dfmh.co.uk](mailto:sarahlowe@dfmh.co.uk)

 **01629 733915**

Derbyshire County Council  
Public Health Funding

