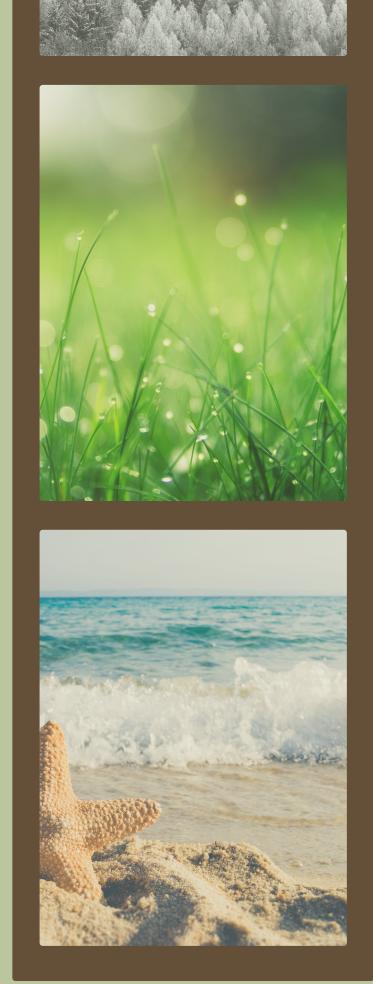
## NEW! Free 4 Week Course

## <u>REGISTER NOW</u>

## 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

Derbyshire County Council Public Health Funding



