

STRESS

: ARE WE COPING?

MENTAL HEALTH AWARENESS WEEK

14-20 MAY 2018

mentalhealth.org.uk

5 DAYS TO WELLBEING!

Come and celebrate Mental Health Awareness Week with us! Join us for activities and workshops to help you unwind!

MON 14TH – FRI 18TH MAY 2018, 11:30am – 1:30pm
DALGARNO TRUST, 1 WEBB CLOSE, DALGARNO WAY W10 5QB

For further details please contact Carmel or Sue on 020 8969 6300 or Muskaan on 07715 636 626



ACTIVITIES CALENDAR

MONDAY 14TH MAY 2018

11:30am – 11:50am	Registration and overview of the week
11:50am – 12:30pm	STROLL OUT OF STRESS: Join the Community Champions to explore your neighbourhood
12:30pm – 1:15pm	FOOD FOR MOOD: Learn how types of food can make you feel better

TUESDAY 15TH MAY 2018

11:30am – 11:45am	Welcome and registration
11:45am – 12:30pm	STRETCH & BREATHE: Relax and revitalise with a sequence of simple postures
12:30pm – 12:45pm	Break & refreshments
12:45pm – 1:30pm	DANCE FOR WELLNESS: Low impact move and groove for all (chair-based)

WEDNESDAY 16TH MAY 2018

11:30am – 11:45am	Welcome and registration
11:45am – 12:30pm	DISCOVER YOUR INNER CALM: Interactive talk techniques for emotional wellbeing
12:30pm – 12:45pm	Break & refreshments
12:45pm – 1:30pm	How to live in the now with Mindfulness

THURSDAY 17TH MAY 2018

11:30am – 1:30pm	TALK TO THE EXPERTS: Explore your local wellbeing services followed by a free lunch
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FRIDAY 18TH MAY 2018

11:30am – 11:45am	Welcome and registration
11:45am – 1:30pm	CHALLENGE & CHILL: End the week with fun and games!

