



How To Improve Your Wellbeing

FREE workshops for people who live in Southwark

Run by health professionals from local NHS trusts

Learn how to:

HANDLE YOUR STRESS

March 2011

IMPROVE YOUR SELF CONFIDENCE

April 2011

One day workshops to help you improve your wellbeing, held on selected Saturdays in March and April at the John Harvard Library, Borough High Street, SE1

If you are interested, you can book yourself a place by calling Seon on 0203 228 3748 or email: wellbeing.workshops@kcl.ac.uk