

OCTOBER 2023

Wellbeing Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Menopause Clinic with the HWN Mental Health Support Clinic	3 Menopause Clinic with the HWN Mental Health Support Clinic	4 Wednesday Wellbeing Clinic with Health and Wellbeing Nurse (HWN) Whitley Wednesday mental health clinic	5 Mental Health Support Clinic Join a Coventry City Council sports group	6 Mental Health Support Clinic
9 Wellbeing Clinic with Health and Wellbeing Nurse (HWN) Mental Health Support Clinic	10 Menopause Clinic with the HWN Mental Health Support Clinic Fibromyalgia Webinar	11 Wednesday Wellbeing Clinic with Health and Wellbeing Nurse (HWN) Whitley Wednesday mental health clinic	12 Mental Health Support Clinic	13 Mental Health Support Clinic
16 Menopause Clinic with the HWN Mental Health Support Clinic	17 Menopause Clinic with the HWN Mental Health Support Clinic	18 Wednesday Wellbeing Clinic with Health and Wellbeing Nurse (HWN) Whitley Wednesday mental health clinic	19 Mental Health Support Clinic	20 Mental Health Support Clinic
23 Wellbeing Clinic with Health and Wellbeing Nurse (HWN) Mental Health Support Clinic	24 Menopause Clinic with the HWN Mental Health Support Clinic	25 Wednesday Wellbeing Clinic with Health and Wellbeing Nurse (HWN) Whitley Wednesday mental health clinic	26 Mental Health Support Clinic Be Safe, Be Healthy, Be Well newsletter	27 Mental Health Support Clinic
30 Menopause Clinic with the HWN	31 Menopause Clinic with the HWN Mental Health Support Clinic			



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