



































NOVEMBER 2023

Wellbeing Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Wednesday Wellbeing Clinic with Health and Wellbeing Nurse (HWN)  Whitley Wednesday mental health clinic 	2 Mental Health Support Clinic   Join a Coventry City Council sports group	3 Mental Health Support Clinic 
6 Wellbeing Clinic with Health and Wellbeing Nurse (HWN)  Mental Health Support Clinic 	7 Menopause Support Clinic with the HWN Mental Health Support Clinic 	8 Wednesday Wellbeing Clinic with Health and Wellbeing Nurse (HWN)  Whitley Wednesday mental health clinic 	9 Mental Health Support Clinic 	10 Mental Health Support Clinic 
13 Menopause Support Clinic with the HW Mental Health Support Clinic 	14 Menopause Support Clinic with the HWN Mental Health Support Clinic 	15 Wednesday Wellbeing Clinic with Health and Wellbeing Nurse (HWN)  Whitley Wednesday mental health clinic 	16 Mental Health Support Clinic   Maximus webinar	17 Mental Health Support Clinic 
20 Wellbeing Clinic with Health and Wellbeing Nurse (HWN)  Mental Health Support Clinic 	21 Menopause Support Clinic with the HWN Mental Health Support Clinic 	22 Wednesday Wellbeing Clinic with Health and Wellbeing Nurse (HWN)  Whitley Wednesday mental health clinic 	23 Mental Health Support Clinic  Be Safe, Be Healthy, Be Well newsletter 	24 Mental Health Support Clinic   Reasonable adjustments webinar
27 Menopause Support Clinic with the HWN 	28 Menopause Support Clinic with the HWN Mental Health Support Clinic 	29 Wednesday Wellbeing Clinic with Health and Wellbeing Nurse (HWN)  Whitley Wednesday mental health clinic 	30 Mental Health Support Clinic 