




























DECEMBER 2023

Wellbeing Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Mental Health Support Clinic   YOGA
4 Mental Health Support Clinic  Menopause Clinic with the HWN	5 Mental Health Support Clinic  Menopause Clinic with the HWN  YOGA	6 Wednesday Wellbeing Clinic with Health and Wellbeing Nurse (HWN)   Whitley Wednesday mental health clinic	7 Mental Health Support Clinic   YOGA	8 Mental Health Support Clinic   YOGA
11 Mental Health Support Clinic  Menopause Clinic with the HWN	12 Menopause Clinic with the HWN  Mental Health Support Clinic	13 Blood Pressure Checks at Council House  Suicide Training	14 Mental Health Support Clinic  U Ok training  YOGA	15 Mental Health Support Clinic   YOGA
18 Mental Health Support Clinic  Menopause Clinic with the HWN	19 Mental Health Support Clinic  Menopause Clinic with the HWN  YOGA	20 Wednesday Wellbeing Clinic with Health and Wellbeing Nurse (HWN)   Whitley Wednesday mental health clinic	21 Mental Health Support Clinic  Be Safe, Be Healthy, Be Well newsletter  YOGA	22 Mental Health Support Clinic   YOGA
25	26	27	28	29