





























MARCH 2024

Wellbeing Calendar

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1 Mental Health Support Clinic 	
4 Menopause Clinic on Teams	Mental Health Support Clinic 	5 Wellbeing Clinic 	Mental Health Support Clinic 	6 Mental Health Support Clinic 	Whitley Wednesday mental health clinic 	7 Mental Health Support Clinic 	8 Mental Health Support Clinic 		
11 Menopause Clinic on Teams	Mental Health Support Clinic 	12 Menopause Clinic with the HWN	Mental Health Support Clinic 	13 Wellbeing Clinic 	Whitley Wednesday mental health clinic 	14 Be Safe, Be Healthy, Be Well newsletter 		15 Mental Health Support Clinic 	
18 Menopause Clinic on Teams	Mental Health Support Clinic 	19 Wellbeing Clinic 	Mental Health Support Clinic 	20 Wellbeing Clinic 	Whitley Wednesday mental health clinic 	21 Mental Health Support Clinic 		22 Mental Health Support Clinic 	
25 Menopause Clinic on Teams	Mental Health Support Clinic 	26 Wellbeing Clinic 	Mental Health Support Clinic 	Wellbeing Clinic 	Whitley Wednesday mental health clinic 	28 Mental Health Support Clinic 		29 Mental Health Support Clinic 	



Please contact
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