

























APRIL 2024

Wellbeing Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2 Wellbeing Clinic  Mental Health Support Clinic 	3 Wellbeing Clinic  Whitley Wednesday Mental Health Support Clinic 	4 Mental Health Support Clinic 	5 Mental Health Support Clinic 
8 Menopause Clinic with the HWN 	9 Wellbeing Clinic  Mental Health Support Clinic 	10 Wellbeing Clinic  Whitley Wednesday Mental Health Support Clinic 	11 Mental Health Support Clinic 	12 Mental Health Support Clinic 
15 Menopause Clinic with the HWN 	16 Menopause Clinic with the HWN 	17 Wellbeing Clinic  Whitley Wednesday Mental Health Support Clinic 	18  Mental Health Support Clinic  Be Safe, Be Healthy, Be Well newsletter	19 Mental Health Support Clinic 
22 Menopause Clinic with the HWN 	23 Wellbeing Clinic  Mental Health Support Clinic 	24 Wellbeing Clinic  Whitley Wednesday Mental Health Support Clinic 	25 Mental Health Support Clinic 	26 Mental Health Support Clinic 
29 Menopause Clinic with the HWN 	30 Wellbeing Clinic  Mental Health Support Clinic 			



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