





























MAY 2024

Wellbeing Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1  Wednesday Wellbeing Clinic Whitley Wednesday mental health clinic 	2 Mental Health Support Clinic 	3 Mental Health Support Clinic 
6 Bank Holiday	7 Wellbeing Clinic  Mental Health Support Clinic 	8  Wednesday Wellbeing Clinic Whitley Wednesday mental health clinic 	9 Mental Health Support Clinic 	10 Mental Health Support Clinic 
13 Menopause Support clinic (teams)  As we age campaign time to consider Health checks	14 Menopause Clinic with the HWN Mental Health Support Clinic 	15  Wednesday Wellbeing Clinic Whitley Wednesday mental health clinic 	16  Mental Health Support Clinic Be Safe, Be Healthy, Be Well newsletter 	17 Mental Health Support Clinic 
20 Menopause Support clinic on teams  Mental Health Support Clinic	21 Wellbeing Clinic  Mental Health Support Clinic 	22  Wednesday Wellbeing Clinic Whitley Wednesday mental health clinic 	23 Mental Health Support Clinic 	24 Mental Health Support Clinic 
27 Bank Holiday	28 Mental Health Support Clinic 	29  Wednesday Wellbeing Clinic Whitley Wednesday mental health clinic 	30 Mental Health Support Clinic 	31 Mental Health Support Clinic 