


































NOVEMBER 2024

Wellbeing Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Preparing for retirement workshop Mental Health Support Clinic 
4 Wellbeing Clinic  Mental Health Support Clinic 	5 Menopause Support Clinic Mental Health Support Clinic 	6  Wednesday Wellbeing 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 Wellbeing Clinic  Mental Health Support Clinic 	13  Wednesday Wellbeing Clinic Whitley Wednesday mental health clinic 	14 Mental Health Support Clinic   Understanding our feelings towards aging	15 Mental Health Support Clinic 
18 Menopause Clinic on teams Mental Health Support Clinic 	19 Wellbeing Clinic  Mental Health Support Clinic 	20  Wednesday 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 	27  Wednesday Wellbeing Clinic Whitley Wednesday mental health clinic 	28 Mental Health Support Clinic 	29 Mental Health Support Clinic 