

FEBRUARY 2025

Wellbeing Calendar

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|------------------------------|---|---|---|
| 6 Menopause Support Clinic on teams | Mental Health Support Clinic | 4 Wellbeing Clinic | Mental Health Support Clinic | 5  Wednesday Wellbeing Clinic Whitley Wednesday mental health clinic |
| 10 Menopause Support Clinic on teams | Mental Health Support Clinic | 11 Wellbeing Clinic | Mental Health Support Clinic | 12  Wednesday Wellbeing Clinic Whitley Wednesday mental health clinic |
| 17 Wellbeing Clinic | Mental Health Support Clinic | 18 Immunisations as you age information |  | 19  Wednesday Wellbeing Clinic Whitley Wednesday mental health clinic |
| 24 Wellbeing Clinic | Mental Health Support Clinic | 25 New Skills and Embracing change |  | 26  Wednesday Wellbeing Clinic Whitley Wednesday mental health clinic |
| | | | | 20 Mental Health Support Clinic |
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