







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	6 Mental Health Support Clinic	7 Mental Health Support 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	13 Mental Health Support Clinic	14 Mental Health Support Clinic
17 Wellbeing Clinic Mental Health Support Clinic	18 Immunisations as you age information 	19  Wednesday Wellbeing Clinic Whitley Wednesday mental health clinic	20 Mental Health Support Clinic	21 Mental Health Support Clinic
24 Wellbeing Clinic Mental Health Support Clinic	25 New Skills and Embracing change 	26  Wednesday Wellbeing Clinic Whitley Wednesday mental health clinic	27 Mental Health Support Clinic	28 Mental Health Support Clinic