























SEPTEMBER 2025

Wellbeing Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Mental Health Support Clinic 	2 Wellbeing and menopause support/ education clinics  Mental Health Support Clinic	3 Wellbeing and menopause support/ education clinics  Whitley Wednesday mental health clinic 	4 Chronic pain and exercise class 60 min 3.30pm at Coventry Canal Basin Mental Health Support Clinic	5 Mental Health Support Clinic 
8 Mental Health Support Clinic 	9 Wellbeing and menopause support/ education clinics  Mental Health Support Clinic	10 Wellbeing and menopause support/ education clinics  Whitley Wednesday mental health clinic 	11 Chronic pain and exercise class 60 min 3.30pm at Coventry Canal Basin Mental Health Support Clinic	12 Mental Health Support Clinic 
15 Mental Health Support Clinic 	16 Wellbeing and menopause support/ education clinics  Mental Health Support Clinic	17 Wellbeing and menopause support/ education clinics  Whitley Wednesday mental health clinic 	18 Chronic pain and exercise class 60 min 3.30pm at Coventry Canal Basin Mental Health Support Clinic	19 Mental Health Support Clinic 
22 Mental Health Support Clinic 	23 Wellbeing and menopause support/ education clinics  Mental Health Support Clinic	24 Wellbeing and menopause support/ education clinics  Whitley Wednesday mental health clinic 	25 Chronic pain and exercise class 60 min 3.30pm at Coventry Canal Basin Mental Health Support Clinic Pre retirement workshop at 3pm	26 Mental Health Support Clinic 
29 Mental Health Support Clinic 	30 Wellbeing and menopause support/ education clinics  Mental Health Support Clinic			

To book a place on the chronic pain exercise class please email adam.munslow@coventry.gov.uk