



# WOMEN & GIRLS

# Wellbeing HUB



A welcoming and safe space for all women, aged 16+ and based in Hounslow, to explore all aspects of their health, seek professional advice and focus on their wellbeing.



## APRIL



**4th April** - Healthy Beginnings - *World Health Day*

**11th April** - Neurodiversity in Women

**18th April** - Managing Neurodiversity

**25th April** - Combating Stress - *Stress Awareness Month*



**2nd May** - Wellbeing Programme - **Physical Health**

**9th May** - Wellbeing Programme - **Mental Health**

**16th May** - Wellbeing Programme - **Emotional Health**

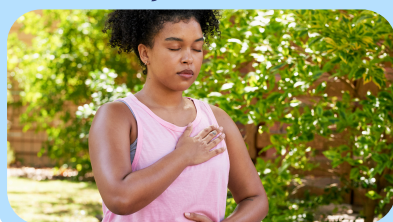
**23rd May** - Wellbeing Programme - **Mindful Living**

**30th May** - Oral Health - *National Smile Month*

## MAY



## JUNE



**6th June** - Weight Management

**13th June** - Healthy Eating on a Budget

**20th June** - Understanding Trauma

**27th June** - Managing Trauma & Focusing on Self Care

**FREE  
ENTRY**

**Every Friday  
10-12pm**

ENGLISH  
HINDI  
URDU  
ARABIC  
SPEAKERS



**Feltham Community Hub and Library**

2nd floor, 210 The Centre, High Street, TW13 4GU

*Making Your Health Simpler*



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