

Women's Association for Networking and Development invites you to the

Happy Healthy Family Club

Promotes Mental Health And Wellbeing

Mental Health Awareness Week

Almost half UK population regret not investing

More time in relationships

Wednesday 25 May 2016, 10:00 - 14:00
Small Chapel, St. Charles Centre for Health
and Wellbeing
Exmoor St, London W10 6DZ

*****Lunch Provided*****



Accept who you are



Keep Active



Eat Well

Activities include

- Tai Chi session by Royal Borough Kensington & Chelsea Leisure Department
- Sister Size – Bra Measure – Breast Awareness
- Introduction to Cognitive Behaviour Therapy by Take-Time-To-Talk
- Mental Health and Relationships by Vittoria Demeo



All Women Welcome



For further information please contact WAND UK on

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