

# Wellbeing group Zoom sessions



Would you be interested in joining a Wellbeing group?

The idea is to meet twice per month via Zoom, for the time being, where we can increase our wellbeing by connecting with others, participating in activities that help us feel better and learning about other community groups and resources. Please let me know if you are interested and will send you the link.

Meetings will take place on the 1st and 3rd Thursday of each month, starting from February 3<sup>rd</sup>.

Time: 1pm to 2.30 pm

For further details you can contact me on 07818587410 or email [ana.lloyd-williams@norfolk.gov.uk](mailto:ana.lloyd-williams@norfolk.gov.uk)

 **Norfolk** County Council