

wellbeing

Helping you live your life

NHS

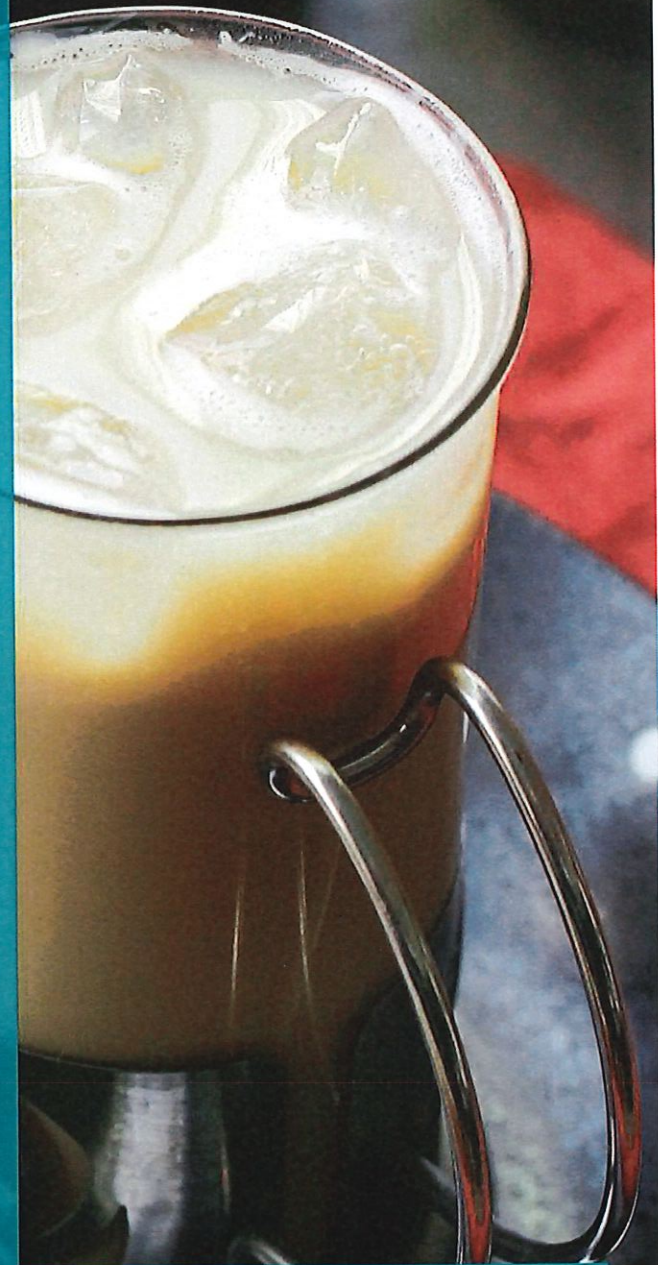
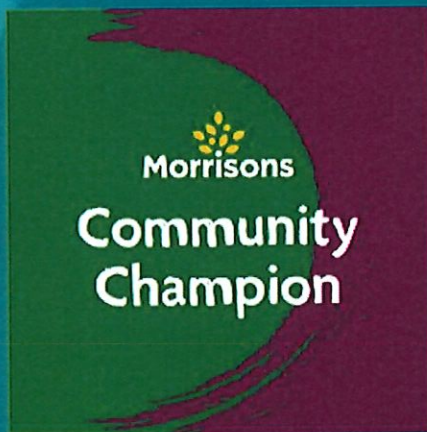
iapt

Improving Access to
Psychological Therapies

DROP IN, OPEN TO ANYONE

16+!

MORRISONS WELLBEING CAFES



Norwich Riverside - 1st Monday of the month, 1-2pm

Beccles - 2nd Monday of the month, 2-3.30pm

King's Lynn - last Monday of the month, 5-6pm

For more info see our website:

www.wellbeingnands.co.uk/norfolk/community-development-team/social-events/