Talk Wandsworth

NHS

eventbrite

talkwandsworth.eventbrite.co.uk

MAY WORKSHOPS

ALL WORKSHOPS ARE FREE AND ONLINE

2nd MAY 1pm

Sleep well
Develop a greater understanding of sleep and explore strategies.

9th MAY 12pm

Maintaining wellbeing - New parent
Maintain your wellbeing as a new parent. Discussing self-care & self-compassion.

11th MAY 1pm

Positive living
The importance and benefits of wellbeing and happiness. Tips on how to boost your wellbeing.

16th MAY 2pm

Living well with Chronic Pain
The importance of self-care management while living with chronic pain.

18th MAY 2pm

Building resilience
Self-awareness and how to build resilience.

23rd MAY 12pm

Preparing for parenthood
How to maintain your wellbeing and manage expectations and changes

0203 513 6264 talkwandsworth@swlstg.nhs.uk

You must live in the Wandsworth borough or be registered with a GP located in Wandsworth and be aged 18+ to be eligible.