

Healthy Minds

Hebden, Royd & hilltops

healthy
minds

Calderdale Wellbeing

Workshop

@ Mytholmroyd Community Centre
Elphaborough Hall, Streamside Fold, HX7 5AF

SLEEP



Wednesday 15th May
12.30 – 2.30pm

FREE

Practical sessions
Confidential & safe

This work is supported by



**BOOKING
ESSENTIAL**

call Christine or Lou

01706 810 311

christine@healthymindscalderdale.co.uk

www.healthymindscalderdale.co.uk

Healthy Minds is the operating name for Calderdale Wellbeing,
a limited company registered in England & Wales.

Registered Office: 1 King St, Halifax HX1 1SR Company No: 6828871, Charity Reg: 1132316

Healthy Minds

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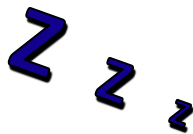
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