

MAY 2024

Mental Health Awareness Week

13th - 19th May



Movement: Moving more for our Mental Health

MON 13	2.30pm	Harmonising Words & Melodies Ealing, W5
TUE 14	5.15pm	Health & Wellbeing Seminar - Keep Moving: Challenges, Creativity, and Change. Ealing, W5
WED 15	7.30pm	I am One, I am Many (Muchos Somos) Online
THU 16	10:00am 2:00pm	Found Poetry Ealing Central Library The Light That Is You Horsenden Farm, Perivale
FRI 17	7:30pm	Out of the Void Online
SAT 18	10:30am 11:00am	The WRITE Fight Pitshanger FC Writing for wellbeing inspired by nature Ealing Central Library
SUN 19	1:00pm	An Introduction to Journaling with a touch of Bollywood Guru Nanak Medical Centre, Southall

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