

MERTON UPLIFT JULY ONLINE WELLBEING WORKSHOPS

Limited Places Available | BOOK YOUR PLACE TODAY

Book Direct on Eventbrite: Merton Uplift Events or e-mail MertonWellbeing@swlstg.nhs.uk

All workshops are FREE of charge and available for Aged 18+ | A Merton resident or registered with a Merton GP

Wellbeing Workshops

Living well with Diabetes

Thursday 1st July 2 pm – 3.30pm

Managing Anger

Wednesday 7th July 2pm - 3.30pm

Alcohol, Mood and Emotions

Thursday 8th July – 5pm- 7pm

Feeling Confident Coming out of Lockdown

Wednesday 14 July 2 pm – 3.30pm

Mindful Walking (IN PERSON)

Friday 16 July 11am – 12.30 pm

Morden Hall Park

Coping with Stress

Thursday 22nd July 11 am – 1.30 pm

Employment Courses

Staying Well at Work

Tuesday 13th July & Tuesday 20th July
@ 5.30-7.00pm

Getting Back to Work

Tuesday 6th & Thursday 9th July
@11.00-12.30pm

Merton Uplift Recovery College

Understanding Anxiety

Friday 9th & Tuesday 13th July
@ 11.00-12.30pm

Managing Sleep

Friday 23rd and Friday 30th July
11.00-12.30pm

Food and Mood

Wednesday 4th August
11am – 1pm



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