

Looking at the whole individual: Mental & Physical Wellbeing



Free Workshops & Mini Health MOTs by Merton Uplift & One You Merton

Your local mental and physical health teams have joined forces to demonstrate the importance of holistic wellbeing

- This event will be broken down into 2 sessions, over the course of 1 day.
- The 1st session focuses on methods to develop our own self-care skills for our general wellbeing
- Explore the 5 areas of self-care: physical, psychological, emotional, social and spiritual
- Explore the myths around relaxation and self-care
- Learn practical methods to practice self-care and relaxation: breathing techniques, meditation, mindfulness
- The 2nd session will involve offering mini health MOTs which would include:
 - Performing BP/AF checks
 - Carbon monoxide monitoring
 - BMI checks and referrals if needed
 - Healthy living workshop

Talking Therapies

Venue: Wimbledon Library, 35 Wimbledon Hill Rd, Wimbledon, London SW19 7NB

Dates: 3rd of February 2020
2nd of March 2020
6th of April 2020

Time: 10am to 4pm

To book your place contact:

Merton Uplift Admin
0203 513 5888

Follow us:

<https://twitter.com/oneyoumerton>

www.oneyoumerton.org

Follow us:

<https://twitter.com/mertonuplift>

www.mertonuplift.nhs.uk