



Eastern Bay
Primary Health Alliance

Healthy Whānau, Healthy Lives

WELLBEING WORKSHOP

COME AND KORERO ON GENERAL WELLBEING AND STRESS



10th December
5:30pm - 6.30pm

About Our Event

We host a safe and supportive space to learn about key areas of mental health and share ways we can manage and enhance our mental health and wellbeing. Whether it is to support you through challenging moments or to learn how to support a loved one, we hope you join us!

Through this session we provide tools, resources and more information to help manage your worries and anxiety. And you're welcome to bring whanau with you!

**REGISTER YOUR
INTEREST**



We all have worries and feeling anxious can happen to anyone, at anytime, anywhere!
YOU ARE NOT ALONE!

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