

MERTON UPLIFT JUNE WELLBEING WORKSHOPS

Limited Places Available | BOOK YOUR PLACE TODAY

Contact us: 020 3513 5888 | Email : MertonWellbeing@swlstg.nhs.uk | Book Direct on Eventbrite: Merton Uplift Events

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

Wellbeing Workshops

Preparing for Baby (2 sessions online)

Wednesday 8th & Friday 10th June 11am – 12.30pm

Relaxation and Mindful Walking (In person)

Wednesday 8th June 11.00am – 12 .00pm
(outside at Morden Hall – but still need to book on Eventbrite)

Financial Inclusion (online)

Monday 13th June 11am – 12.30pm

Living with Chronic Pain (online)

Monday 20th June 12pm – 1.30pm

Wellbeing for Carers (online)

Friday 24th June 11am – 12.30pm

Anger Management

Monday 27th June 12 pm – 1.30pm



Employment

Getting Back to Work

Thursday 23rd and Tuesday 28th June
11am - 12:30pm

Work Stress and Burnout – NEW!

Thursday 30th June 12.30 – 1.30pm

Merton Uplift Recovery College

Building Self Confidence

Thursday 9th & 16th June
11.30am - 1.00pm

Food & Mood

Wednesday 22nd June
11.30am - 1.00pm



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