

15 to 21 May 2023

Mental Health Awareness Week



#ToHelpMyAnxiety

Free Health & Wellbeing Day Supporting Mental Health Awareness Week

Tuesday 16th May 2023

Healthy Hub Stevenage, Stevenage Arts and Leisure Centre

10:00 – 15:00

Join Hertfordshire Talking Therapies for a fact-filled day of stalls and workshops hosted by local charities and services including:

- NHS Talking Therapies
- Mind in Mid-Herts
- Triangle Community Gardens
- Healthy Hub Stevenage, Stevenage Arts & Leisure Centre

- Holistic Health At Home
- Newleaf Recovery and wellbeing College
- The Living Room
- Foodshed/Babysshed
- Pixie & Pickles Therapy Ponies!

Scan the QR code for our free workshop timetable:

