

WELL

WOMEN | EXCHANGING | LIVED | LEARNING

Drop-in weekly sessions to enhance your wellbeing by sharing your experiences and empowering others on their path to a healthy mind.

W.E.L.L. builds on the success of our reciprocal learning model, fostering mutual growth and support for everyone involved.

**EVERY WEDNESDAY
9.30AM TO 12.30PM**

**(BEHIND SALTLEY METHODIST CHURCH),
140 ALUM ROCK ROAD,
B8 1HU**

**FOR FURTHER INQUIRIES
CONTACT :**

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