

PHYSICAL ACTIVITY FOR GOOD MENTAL HEALTH

as part of the Get Well Get On service

**FREE workshop for employees at all levels
to gain support and advice to improve
mental health and reduce stress and
anxiety through physical activity**

Thursday 12th December 12pm- 2pm

The Tower Clock Room, Engine Shed,
Station Approach, Temple Meads,
Bristol, BS1 6QH

Please contact lisa.wood@wesport.org.uk
or go to www.wesport.org.uk/news-events
for more info and to reserve your place



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INSPIRING ACTIVE LIVES

Get Well  **Get On**