

Workforce Wellbeing Workshop

Thinking of you

Want to learn new ideas to use with your
groups ?

Develop wellbeing strategies for dealing with
work pressures ?

Meet like minded colleagues ?

Our "Workforce Wellbeing Workshop" is a unique and engaging session for
people working or volunteering within the field of:

Social Care, Community, Health, and/or Education.

Participants will learn a variety of interactive and creative
techniques that they can adapt and use with their own client groups.

When: Monday 8th June 2015

Cost: £15

Time: 10am-1pm

Where: Riverside Centre, Carshalton, SM5

Booking: Contact nicola@riversidecentre.org

By: 1.6.15

*"Loved the hand
massage and the art
session, relaxing and
reflective"*

This workshop is part of London Creativity and Wellbeing Week, to find out about other events
going on in your area and across London visit:

<http://www.creativityandwellbeing.org.uk>