

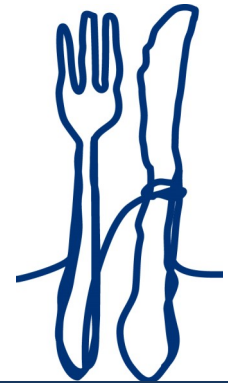
# Food, Mood and Exercise

## Workshops

Food and Mood - Wednesday September 6th 2017

11am – 1pm at Deneside

To provide an understanding of how certain foods can affect our mood.



Exercise and Mood - Wednesday 13th September 2017

11am – 1pm at Deneside

To provide an understanding of how exercise can positively affect mood and therefore benefit your mental health



The third session is on Wednesday 20th September 2017

11am - 1pm at Deneside

This is a recap of the previous two sessions and an introduction to the next step in your progression which is a Walking Group that starts on 27th September 2017

This is open to anyone aged 18+ Booking is essential please contact Reception on 01493 842129

There is a £1 charge per session towards refreshments and materials

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