



For better
mental health



Wellbeing Centre

New Years Launch Day

Saturday 28 January 2012, 10^{am}-3.30^{pm}

Vincent House

2 Nags Head Road,

Ponders End

Enfield EN3 7FN



Lunch provided
for all participants

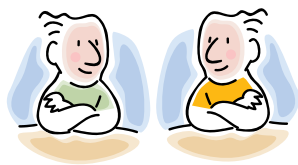
Relieve stress

Improve your life skills

Gain confidence and self esteem

Talks and taster sessions including:

- * Healthy eating on a budget
- * Yoga
- * Relaxation and stress reduction
- * Assertiveness and confidence building
- * Relationship and communication skills



Plus individual one-to-one

*consultations, support and advice
for personal, emotional and
psychological problems*

**Reserving a place is advised as space
may be limited for some activities.**

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Registered Charity Number 1054539

