



Understanding emotional wellbeing and what influences

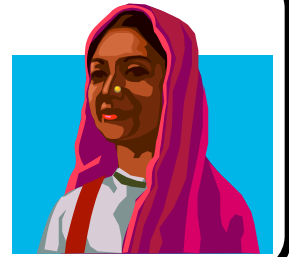
Women's Wellbeing Group

Starts: Tuesday 27th September

10.30am – 12pm for 6 weeks

This women only group is designed to be a starting point for women who would like to improve their emotional and physical wellbeing.

We will be providing an Urdu speaking interpreter, please request this when you book a place.



Practical sessions include:
Cooking,
Zumba,
Tai chi,
Essential oils
&
Relaxation exercises



Specific topics including
Food & Mood,
Relaxation, Low Mood,
Stress & Anxiety,

Understanding how your lifestyle personally influences your wellbeing.

**Venue: Pakistan Community Association and Multi-Cultural Advice Centre
127 Page Hall Road
Sheffield
S4 8GU**

Women 16 years old and above can attend.
To book a place or for more information, please contact:

dawn@sheffieldmind.co.uk / Tel: (0114) 2584489

Shima.Nazir@sheffieldpct.nhs.uk / Tel: 0114 2716338

Working in partnership: Community Development team and the Pakistan Community Association and Multi-Cultural

Sheffield Mind



For better mental health

Advice Centre



Sheffield **NHS**
Primary Care Trust