

Health & Wellbeing EVENT

Take Time for You

LOOKING AFTER YOUR WELLBEING • LOOKING AFTER YOUR
WHOLESELF • PRIORITISING YOU



THURSDAY



17TH SEPTEMBER



10:00AM – 2:00PM

NEW MILLS TOWN HALL

WHAT'S HAPPENING?



Meet local services that can support your health and wellbeing



Learn about resources available in your community



Discover ideas and tools for self-care and positive wellbeing



Take time to focus on your whole self – mind, body and wellbeing



Chat with friendly professionals and community organisations

YOU
MATTER

Fuel
your body
feel your
best!

SMOOTHIE
BIKE



Free
REFRESHMENTS
AVAILABLE
THROUGHOUT
THE EVENT

Mind
Body
You

Whether you're looking for support, information, inspiration,
or simply a chance to take some time for yourself,

everyone is welcome.



FREE TO ATTEND

BECAUSE LOOKING AFTER YOURSELF IS IMPORTANT.

SELF CARE • TIME FOR YOU • PRIORITISE YOUR WELLBEING

You can't
pour from an
empty cup.