

# MERTON UPLIFT JUNE WELLBEING WORKSHOPS

**Limited Places Available | BOOK YOUR PLACE TODAY**

Contact us: 020 3513 5888 | Email : [MertonWellbeing@swlstg.nhs.uk](mailto:MertonWellbeing@swlstg.nhs.uk) | Book Direct on Eventbrite: Merton Uplift Events

All workshops are FREE of charge and available for Aged 18+ | A Merton resident or registered with a Merton GP

## Wellbeing Workshops

### Preparing for Baby (2 sessions online)

Wednesday 8<sup>th</sup> & Friday 10<sup>th</sup> June 11am – 12.30pm

### Relaxation and Mindful Walking (In person)

Wednesday 8<sup>th</sup> June 11.00am – 12 .00pm  
(outside at Morden Hall – but still need to book on Eventbrite)

### Financial Inclusion (online)

Monday 13<sup>th</sup> June 11am – 12.30pm

### Living with Chronic Pain (online)

Monday 20<sup>th</sup> June 12pm – 1.30pm

### Wellbeing for Carers (online)

Friday 24<sup>th</sup> June 11am – 12.30pm

### Anger Management

Monday 27<sup>th</sup> June 12 pm – 1.30pm



## Employment

### Getting Back to Work

Thursday 23<sup>rd</sup> and Tuesday 28<sup>th</sup> June  
11am - 12:30pm

### Work Stress and Burnout – NEW!

Thursday 30<sup>th</sup> June 12.30 – 1.30pm

## Merton Uplift Recovery College

### Building Self Confidence

Thursday 9<sup>th</sup> & 16<sup>th</sup> June  
11.30am - 1.00pm

### Food & Mood

Wednesday 22<sup>nd</sup> June  
11.30am - 1.00pm



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