

**FREE workshops for people who
live in Southwark**

4 Workshops

Learn how to:

- Improve Your Sleep
- Handle Your Stress
- Manage Your Anger
- Improve Your Self Confidence

Run by health professionals from local NHS trusts.

One day workshops to help you improve your wellbeing, held on selected Saturdays, at the John Harvard Library, Borough High Street, SE1.

**If you are interested, you can book yourself a place at one
of these workshops by calling Seon on **0203 228 3748**
or email: wellbeing.workshops@kcl.ac.uk**

For more information visit:

www.slam.nhs.uk/about-us/what-we-do/Southwark-wellbeing-workshops.aspx