

Living Life to the Full

Helping you to help yourself in Moray

Feeling low,
stressed out, depressed
worried, or out of control



MORAY
wellbeing
HUB

**FREE self-help 8 week
group courses**

Forres - FREE

Mondays 7pm-8.30pm

from 24th September

BOOKING ESSENTIAL – reservation fee £5

Online: moraywellbeinghub.org.uk

Facebook: MorayWellbeingHub

Boost your wellbeing!