

# 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**

## Buckie – FREE

(£5 refundable reservation fee)

Fridays 11am-12.30pm  
from 8<sup>th</sup> February

**BOOK NOW – Boost your wellbeing!**  
Online: [moraywellbeinghub.org.uk](http://moraywellbeinghub.org.uk)

Phoenix Centre, 9 Queen Street, AB56 1QJ - 01309 690110