

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 8th February

BOOK NOW – Boost your wellbeing!
Online: moraywellbeinghub.org.uk

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

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