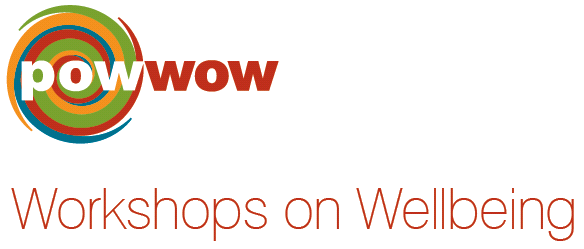
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| --- | --- | --- | --- | --- |
| Name | Click here to enter text. | | | |
| Telephone Number | Click here to enter text. | | | |
| Email | Click here to enter text. | | | |
| Which POWWOW would you like to book? | Theme:Click here to enter text.  Date:Click here to enter a date. | | | |
| What are you hoping to gain from a POWWOW? | Click here to enter text. | | | |
| How did you hear about POWWOWs? | Click here to enter text. | | | |
| Are you currently working with any Penumbra Services? | Yes |  | No |  |



**Mental Health & Wellness Centre**

**Workshops on Wellbeing – Booking Form**

Feel Better • Feel Healthier • Work Together • Feel in Control

Have Fun • Learn from Others • Be more Confident • Do More

Please return your form to moraywellnesscentre@penumbra.org.uk or return it to the Centre at 30-32 Batchen Street, Elgin IV30 1BH

A Practitioner will contact you shortly to confirm your place on the POWWOW.