



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

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

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.