



Mental Health & Wellness Centre Active 4 Autumn – Booking Form

Feel Better • Feel Healthier • Work Together • Feel in Control
Have Fun • Learn from Others • Be more Confident • Do More

Name			
Address			
Telephone Number			
Email			
Date of Birth			
Which activity would you like to book?	Theme: Date:		
What are you hoping to gain from Active 4 Autumn?			
How did you hear about Active 4 Autumn?			
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
30-32 Batchen Street, Elgin IV30 1BH

A Practitioner will contact you shortly to confirm your place.
If you may require additional assistance, please let us know.

