

WRAP

Wellness Recovery & Resilience Action Planning

MORAY
wellbeing
HUB



Moray Mental Health
& Wellness Centre



ELGIN - Free 8-week wellness workshop Starts October 3rd 5.50-8.20pm

*Learn tools for a healthier life
in a friendly & creative group*

Booking essential: moraywellbeinghub.org.uk

Facebook: Moray Wellbeing Hub

£5 reservation fee