

MIND AND BODY WELLBEING AND YOUR MIND APPLES

Manju Shahul-Hameed Foundation is working with South London And Maudsley (SLAM) and Croydon University Hospital to provide Mind and Body wellbeing and Your Mind Apples



Croydon Health Services
NHS Trust



MANJU SHAHUL-HAMEED
FOUNDATION
For Mental Health

South London and Maudsley **NHS**
NHS Foundation Trust

This session will introduce the importance of Mind & Body to health and wellbeing, as well as some exciting work that is happening locally in South London. We will then go on to think more about the health and wellbeing of ourselves and those close to us. This part of the session will involve the Mindapples approach to understanding and improve our wellbeing. This interactive session will give participants the opportunity to develop skills for their own health and wellbeing.



Where

AUSTIN SEMINAR ROOM,
CROYDN UNIVERSITY HOSPITAL,
530 LONDON RD, THORNTON HEATH CR7 7YE.

When

WEDNESDAY,
21st NOVEMBER, 2018
12.30-2.00 PM

Contact

Tel: 02084013201 Email: CH-TR.Development@nhs.net

or

manju@msfoundations.co.uk