



Join us for...

NHS
Black Country Healthcare
NHS Foundation Trust

5 WAYS TO WELLBEING WORKSHOP

Discover the 5 Ways to Wellbeing through fun, hands-on activities that help children feel happier and more confident!

Thursday 2nd April
10:00am - 12:00pm

**KS1 &
KS2**

Cotwall End Primary School,
Cotwall End Rd, Dudley, DY3 3YG



For additional information or brief sign up form to register your attendance, please email
bchft.reflexions@nhs.net