



Wellbeing Open Day

28th Feb 2019

10:30am-2:00pm

The Reading Minster @ St Marys Butts

St. Mary's Gate, Chain Street, Reading RG1 2HX

Start 2019 with positive thoughts about your wellbeing!

There are many ways to approach physical and mental wellbeing. It doesn't all have to be about lifting huge weights and climbing mountains!!

Compass Recovery College will be joined by local charities and organisations who will provide information about:

- Physical and mental wellbeing
- How to get fit
- Services available in Reading
- The importance of creativity

There will be people who have overcome mental health challenges sharing their experiences and tips for success.

Entrance is free & refreshments provided

Come and join us

