



Sanctuary magazine
and

Cornerhouse

Mental Health Resource Centre Woking
invite you to a

Women's wellbeing Day

for women who experience mental ill health and their carers/supporters

St. Mary of Bethany Church Hall
Mount Hermon Road
Woking, GU22 7UH
Friday 16th January 2009 11am – 3pm

There will be a range of pampering therapies to enjoy, including Indian Head Massage which brings instant relaxation and calm. A range of organisations will be there to offer information and advice on many issues that affect your life and wellbeing such as benefits, domestic abuse, housing, debt, employment and training.

Lunch and refreshments provided

For more information and to book a place contact Megan Aspel, Sanctuary magazine on 07824 364703 or email megan.aspel@sky.com or fill in the form and return to Megan or call Judith Sergeant, Cornerhouse on 01483 757461

places may be limited so book early!

Women's Wellbeing Days are organised and provided by Let's Link, independent charity No. 1075215

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Please fill in details and return to Megan Aspel, Let's Link charity, PO Box 533, Betchworth, RH4 9FL

Name(s)

Address

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..... Post code

Tel..... email

Any special dietary needs