Let's Talk IAPT

IMPROVING ACCESS TO PSYCHOLOGICAL THERAPIES IN ENFIELD

MENOPAUSE WORKSHOPS

MENOPAUSE & LOW MOOD

Wednesday 24th November, 2021, 2-3:30pm (ONLINE)

 Manage your low mood with practical techniques you can use every day

MENOPAUSE & ANXIETY

Wednesday 1st December, 2021, 2-3:30pm (ONLINE)

 Relaxation and wellbeing techniques to manage your anxiety

IS THIS WORKSHOP FOR ME?

- HEART PALIPITATIONSMemory productATACK OF ANXIETY OR PANICMuscle and joint painsDifficulty on galeATACK OF ANXIETY OR PANICMuscle and joint painsDifficulty on galeManage ManageMemory ManageMuscle and joint painsDifficulty on galeManage ManageMemory ManageManage ManageMuscle and joint painsManage ManageMemory ManageMuscle and joint painsMuscle and joint painsManage ManageManageMuscle and joint painsMuscle and joint painsManage ManageMuscle and joint painsMuscle and joint painsMuscle
- Are you familiar with any of these symptoms?
- Join our <u>free group workshops</u> with a psychological wellbeing practitioner.
- Available to all Enfield residents. To register please contact: <u>alison.gordon@ageukenfield.org.uk</u>