

Mental Health Awareness Week



Be Healthy Workshop!

Did you know your physical health can have an effect on your mental health ?

Do you find it difficult to change your unhealthy behaviours?

We have two health psychology experts coming in to deliver a workshop to show you how you can do this!

Wednesday 11th May

Uni Place 6.207

1-3pm

Sign up: <https://bit.ly/3vJNeM8>

