



My Generation

feeling better together

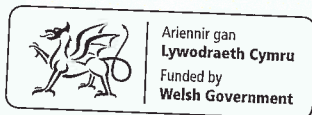
My Generation is a free programme to help those of us over 50 look after our wellbeing, together. You can find out about staying mentally well while enjoying activities and spending time with others.

health
~~mygen~~@midpowysmind.org.uk



The next course starts:

Friday 22nd June for 8 weeks
10.00 - 12.00 noon
Conference Room, Trefonnen School



BOOKING
ESSENTIAL

