

# SAVE THE DATE!

## Health & Wellbeing Forum

Come and join us virtually  
and explore how to improve your  
mental health and wellbeing,  
during challenging times.

**When: 18th November 2020**

**At: 9:15am – 12:30pm**

**Hosted by:**

**HHFT Cancer Services Partnership**

This half-day event will give you an  
opportunity to explore how you can improve  
and look after your own Health & Wellbeing.  
We have four, 30 minute sessions, each with  
time for questions and discussion afterwards.

If you are interested in attending, please hold the date.

We will send out an Agenda and the  
ZOOM joining information in due course.

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