

# NEW COURSE!



## WRITING WELL

*writing your way to wellbeing...*



Greater Manchester  
Mental Health  
NHS Foundation Trust

Manchester  
Wellbeing Fund 

## DEVELOP YOUR WRITING IMPROVE YOUR WELLBEING

STORY WRITING  
JOURNALING  
POETRY AND DRAMA  
MINDFULNESS AND MEDITATION

### STARTS

THURSDAY 10 MARCH 10.15 AM TO 12.30 PM  
FOR TEN SESSIONS

### WHERE

NO. 93, CHURCH LANE, HARPURHEY,  
MANCHESTER, M9 5BG

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