



How can we manage Stress and Anxiety in our lives?

Come along to this surgery and get some ideas designed to enable *you* feel better about *yourself*.

Representatives from **Richmond Mind, Wellbeing Services, Off the Record and St Mary's University** will be here to give you ideas and information on ways you can manage stress and anxiety *and* where you can get help.

Date: 18th October Time: 6-7pm

Where: – Reception waiting area

If you would like to attend this event please email

patientgroup.yorkpractice@nhs.net

or

call the practice on 0208 744 0220 after 2pm.

Do come and join us!