

Dear Participant,

Monday Night Wellness Group

A survey was taken in August 2017 and results will see group continue on a fortnightly basis for 2018 until further review.

The following dates are when group will be held, the venue remains the same and the time of commencement will be 1830 hours to 2000 hours.

January 2018

Monday 15th

Monday 29th

February 2018

Monday 12th

Monday 26th

March 2018

Monday 5th

Monday 26th

April 2018

Monday 9th

Monday 23rd

May 2018

Monday 7th

Monday 21st

June 2018

Monday 4th

Monday 18th

The 2018 dates will be available on our web page.

Yours Sincerely,

Carolyn McDonald

Case manager NMHP