

Physical Health Workshops

Join us for physical health workshops

Workshops are available to people using Brent Community Mental Health Services, their family and carers, and CNWL NHS staff.

This group of physical health workshops are designed to provide:

- A direct introduction to specialist professionals in each area.
- Opportunity to ask questions and get your individual needs met.
- Information and referrals to Brent services to meet your physical health needs.

Access to workshops

For online workshops:

Please visit www.zoom.us **click join** and type **Meeting room ID: 243 677 2183**

Support available to access digital equipment for online workshops

For face to face workshops:

Room 25 (ground floor)
15 Brondesbury Road, London, NW6 6BX

Please arrive at least 15 minutes before the start of the workshop. Attendee's are advised to follow social distancing and wear masks when accessing the premises.

No Pre-registration or Bookings required.

Contact us

If you have any questions about Physical health workshops, please get in touch we'd be delighted to hear from you!

 **07775697854**

 **brentmentalhealth@rethink.org**

Physical Health

(Metabolic Syndrome)

28 September 2021 2pm-4pm
Online

Healthy Changes

05 October 2021 2pm-4pm
Room 25 (Ground Floor)
15 Brondesbury Road, NW6 6BX

Smoking Cessation

13 October 2021 2pm-4pm
Online

Substance Use

19 October 2021 2.30pm-4pm
Room 25 (Ground Floor)
15 Brondesbury Road, NW6 6BX

Diabetes Prevention

26 October 2021 2pm-4pm
Online

Diabetes Management

29 October 2021 2pm-4pm
Online

Medication Management

2 November 2021 2pm-4pm
Online

Food & Nutrition

10 November 2021 2-4pm
Online