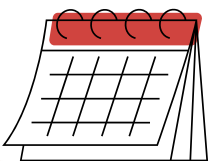


DUNDEE PRIMARY CARE WEBSITE AND WELLBEING WORKSHOP

To find out more about how to navigate mental health and wellbeing support in Dundee plus, five ways to wellbeing and handy tips

GRAB A  **AND JOIN US ON TEAMS**

Suitable for anyone who wants to know more about what is available and wants to stay emotionally warm this winter



31 March 2025 @ 12pm-1pm

[To access workshop click this link](#)