

# Merthyr and the Valleys Mind



Merthyr and the Valleys Mind will be delivering eight, 'Living Life to the Full' workshops at Dewi Sant Hospital.

The sessions will provide you with hints and tips to help improve your well-being.

[www.matvmind.org.uk](http://www.matvmind.org.uk)

Registered charity no. 1123515

## Thursday 2pm-4pm

Sessions will run for eight weeks, starting 6th September 2018.

## Contact information

For more information or to book a place please contact Jayne Young 01685 707480

 **mind** | Merthyr &  
for better mental health  
o blaid gwell iechyd meddwl | the Valleys