

World Wellbeing Week

We all go through changes or difficulties in life and looking after your wellbeing has never been so important.

If you'd like some more tips, check out our range of **FREE** eLearning courses.

To find out more, register now at –

mymentalhealthrecovery.com

#ChangeMyStory #InterregVa #MensHealthWeek



How to register

Visit - mymentalhealthrecovery.com

**FREE
COURSE**

Create an account by entering your information. Once registered you will have access to all the online course materials to start your journey.

For further information or registration assistance please contact:



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