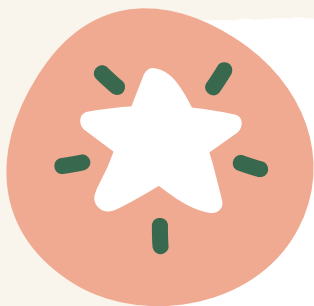


MEET, MIND & MOTION CAFÉ



Peer Support

Feeling isolated by a health condition?



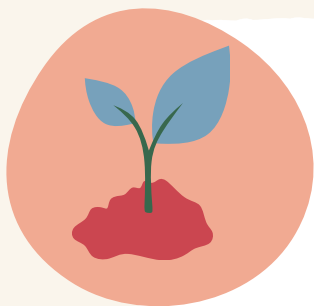
Movement

Needing to move more but not sure how to start?



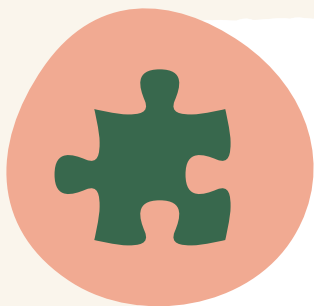
Connection

Wanting to connect with others?



To support Living Well

Wanting to find ways to self-manage?



And Learn from peers?



Starts 18th August 1pm-2:15pm

third Tuesday of Every Month



Providing NHS services



One Wight Health

The Island's GP Federation

contact@onewighthealth.co.uk



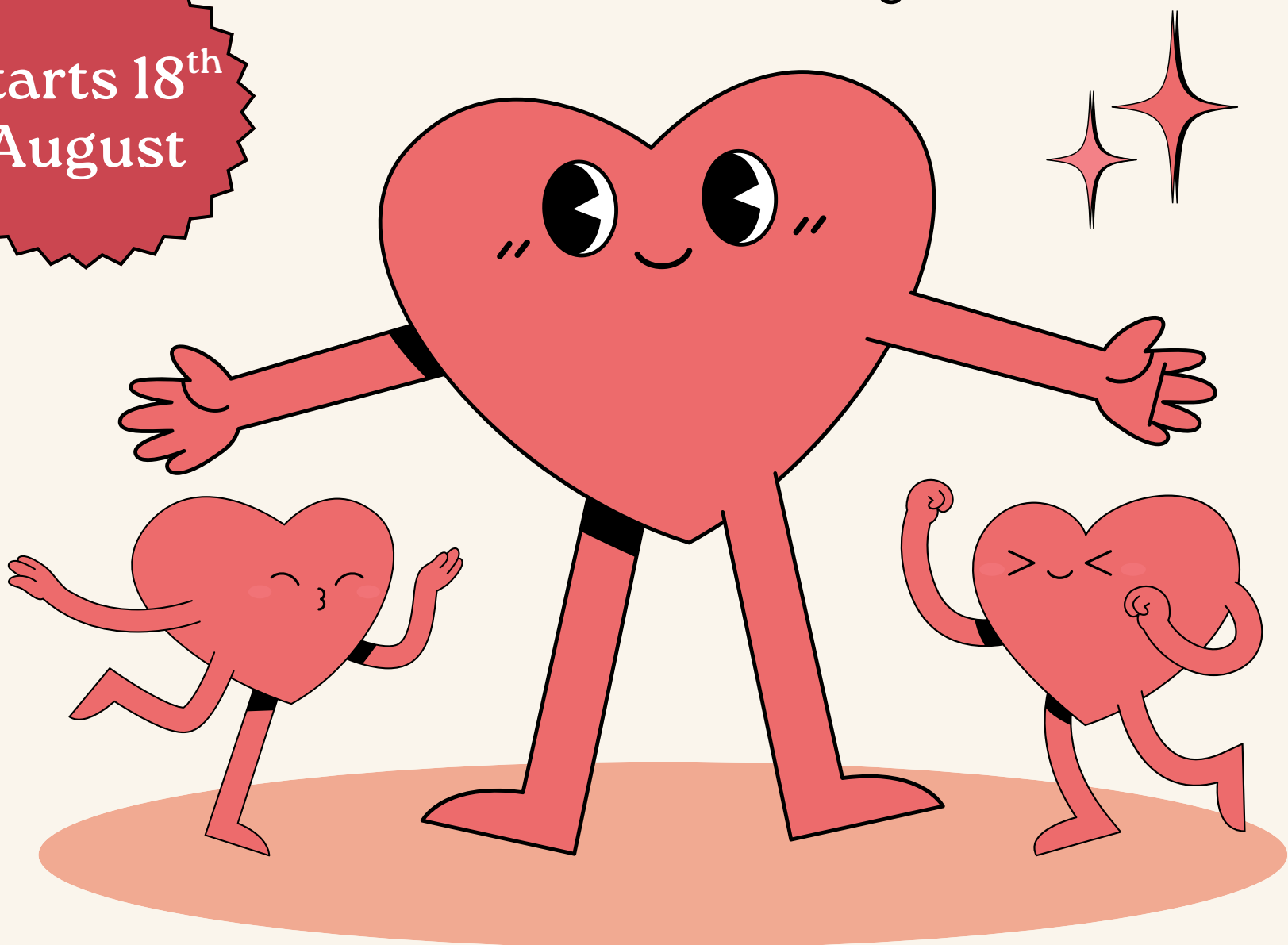
contact@onewighthealth.co.uk

Meet, Mind & Motion Café

Breaking isolation, Building Resilience.

A community space for peer support, gentle activity,
and shared wellbeing

Starts 18th
August



1pm-2:15pm

East Cowes Town Hall

Movement

Activities to get you in motion

Peer support

Safe space to share experiences.

3rd Tuesday of each month