

MANAGING YOUR MOOD WITH THE GYM:



together we
Cumbria



A 6-week psychoeducational group focusing on increasing motivation through goal-setting and overcoming low mood using behavioural activation.

BEGINNING FROM WK. 3RD JUNE 2024

Mondays from 12PM - 1PM

@The De Lucy Centre, Egremont, CA22 2AF

Wednesdays from 3:30PM - 4:30PM

@Age UK Bradbury Centre, Workington, CA14 2AL

REGISTER YOUR PLACE HERE



or visit www.togetherwe.uk/fitness/