

DOVER DISTRICT

Wellbeing Roadshow

Wellbeing Roadshow events will be taking place across the Dover district to promote the importance of positive mental health and what you can do to improve your own mental health.

There will be advice on the risks of social isolation and how important human interaction is within local communities as well as information on staying covid safe whilst integrating back into society.

Join us to find out more and enjoy the day with:

- FETE STALLS • MUSIC • LIVE ENTERTAINMENT
- QUIZZES • ACTIVITIES • SPORT CLUBS • FREEBIES
- DEMENTIA FRIENDLY SESSIONS

Wednesday 6th October 1pm-4pm

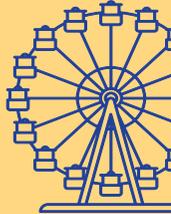
Wingham Recreational Ground, Wingham

Wednesday 13th October 1pm-4pm

Walmer Green, Deal

Wednesday 20th October 1pm-4pm

River Recreational Ground, Dover



Contact: community@dover.gov.uk

