

Mind Wellbeing Centre

Rochdale & District Mind
3-11 Drake Street
Rochdale
OL16 1RE

Wellbeing Advice Surgeries

Need some advice on your health, diet and general well being?

Take a look below and if there is anything you'd like information about then just drop in at the time shown and get the advice you need.

Date	10.30 – 11.30	12.00 – 1.00	1.00 – 2.00
Thursday 15/07/10	11.00 – 12.30		Jayne and Dan REACH Rehabilitation – Achieving change and health
	Janet Dickinson Oral Health & Hygiene Promotion Officer		
Thursday 22/07/10	Debbie Tomlinson Parenting Support Officer Sure Start	Janet Dickinson Oral Health & Hygiene Promotion Officer	Ann Howarth TASK Stop Smoking Services Health Promotion Service
Thursday 29/07/10	11.00 – 12.30		Ann Howarth TASK Stop Smoking Services Health Promotion Service
	Pam Fielding Health Trainer Healthy diet & exercise		
Thursday 05/08/10			Ann Howarth TASK Stop Smoking Services Health Promotion Service

Date	10.30 – 11.30	12.00 – 1.00	1.00 – 2.00
Thursday 12/08/10			Jann Atkinson Senior Health Trainer Health check & advice
Thursday 19/08/10	Debbie Tomlinson Parenting Support Officer Sure Start		
Thursday 26/08/10			Jann Atkinson Senior Health Trainer Health check & advice
Thursday 02/09/10			Jann Atkinson Senior Health Trainer Health check & advice
Thursday 09/09/10			Jann Atkinson Senior Health Trainer Health check & advice
Thursday 16/09/10	Debbie Tomlinson Parenting Support Officer Sure Start		
Thursday 23/09/10			
Thursday 30/09/10			