



Better Health at Work

Stress, Anxiety or Depression affects 1 in 5 people in Kirklees - Is it affecting you?

Would you like to learn how to manage it?

The Better Health at Work team in conjunction with NHS Kirklees is offering a programme of 6 free workshops starting on 23 February 2010 at Shelley Village Hall, Huddersfield Road, Shelley 1.15pm to 3pm

To find out more about these workshops and how the Better Health at Work team can help you contact Angela, Lorraine, Liz or Ros on 01484 416777

How to contact us:

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