

ANXIETY SUPPORT

**Are you feeling
overwhelmed, anxious or
stressed?**

**Join Jenny Lewis for tips, advice
and 1-1 support.**

Every Monday

1pm-2pm

Every Thursday

1.30pm-2.30pm

**Email the Wellbeing
Team to book your 15
minute slot**

**The Health & Wellbeing Team
wellbeingteam@reaseheath.ac.uk**

