

# Well Being Cafe



Hi I am Rahana Chowdhury I'm here to support Asian Women

**Come and Relax at Well Being Café** with a cup of coffee and biscuits, have a chat, socialise with everyone. Discuss issues, views on well being, are you feeling Depressed, Emotional, Lack of Sleep, lost interest on everyday life.

Come along I'm here to support you.

## Coming to Kettering!!!!

**Venue: Mind**

**49 – 51 Russell Street, Kettering, NN16 0EN**

**Time: 2pm – 4pm**

**Dates: 7<sup>th</sup> July, 18<sup>th</sup> August, 15<sup>th</sup> September, 13<sup>th</sup> October**

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**Refreshment**

Tea/ Coffee  
With a Cake or  
Biscuit – 50p

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**Registered Charity number 1058077**  
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