



**Dr Caroline Hough**

qualified life coach and former GP  
invites you to a

**FREE TALK**

# Looking after my mental health

on Thursday 1st June 2017

18.30 - 19.30

at Camberwell Library in Meeting Room 3

Dr Caroline will share learnings from her expertise as a doctor, her experience of recovery from mental illness and her work as a life coach.

We will look at simple tools to help us to reduce stress and anxiety and improve our wellbeing.

For more information contact

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