



## Health Information Week

### **Alcohol Awareness**

Central Library Monday 3rd July 10am - 2pm

### **Gathering Press: Screen Printing Wellbeing Activity**

Central Library Tuesday 4th July 11am – 1pm

### **Prepare to Save: Managing Fuel Poverty**

Central Library Tuesday 4th July 2pm - 4pm

### **Sickle Cell Awareness**

Whitmore reans Library Tuesday 4th July 11am —1pm  
Central Library Wednesday 5th July 10am -12.30pm  
Spring Vale Library Wednesday 5th July 2pm - 4pm  
Bob Jones Community Hub Thurs 6th July 11am — 1pm

### **Stress Container Activity — Wolves Foundation**

Central Library Wednesday 5th July 2-3.30pm

### **Managing Health Online**

Monday 3rd July Long Knowle library 12noon – 1pm  
Thursday 6th July Central Library 10am — 12noon

### **Hospital Rooms Talk**

Thursday 6th July Central Library 10am – 12noon

### **Wellbeing City Walking Tours**

From Central Library Thursday 6th July 11am -12.30pm  
& Friday 7th July 11am - 12.30pm

### **Stress Management Workshop**

Penn Library Tuesday 4th July 2.15pm - 3.30pm

### **Poetry on Loan — Wellbeing Wednesday**

Tettenhall Library Wednesday 5th 2.30pm - 3.30pm



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