

WAITING WELL

Are you waiting for healthcare treatment or surgery?

Waiting Well gives you help and support while you wait



Waiting Well is a support and guidance group for adults on a waiting list. We will be holding weekly one hour sessions to help you to stay well through support, guidance and activity. Sessions are free and you are welcome to join as many as you like.

THURSDAYS 10:30-11:30am

**One Colchester Community Hub
4-6 Long Wyre Street, CO1 1LH**

**Please contact Emily Wingate for more information
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Community360

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