

Health & Well-being Event

Tuesday 22nd December



In support of Vegetarian Week and Mental Health Awareness Week, we understand nutritious meals, hydration and keeping the mind, body and soul active are all important to improving residents' health and well-being.

2.30 pm – Join us and take part in virtual armchair exercises with Bex our Activities lead combined with a talk on mindfulness and the importance of positive mental health.

Please register your interest with rob.hobbs@barchester.com

Mortain Place Care Home

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