

Join our virtual Minority Ethnic Communities Health Fair!

Thursday 29 October
10 am — 2 pm, on Zoom
Drop in to any of the
scheduled half-hour sessions

For more information please contact
esther.weller@sightcymru.org.uk
or call 01495 763650 or
sujatha.thaladi@MentorRing.org.uk

Usually held in Cardiff, due to Covid-19, this year we invite you to join our Minority Ethnic Communities Health Fair online via Zoom.

Covid-19 and Wellbeing

Join in any of our half hour sessions including:

- Bereavement
- Mindfulness for young people
- Diabetes prevention
- Mentoring
- Welfare and finance
- Salsa
- Question and Answer session with health professionals



**Book your place
via Eventbrite**

<https://www.eventbrite.co.uk/e/minority-ethnic-communities-health-fair-tickets-119990040441?aff=ebdssbonlinesearch>



Race Equality First



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