

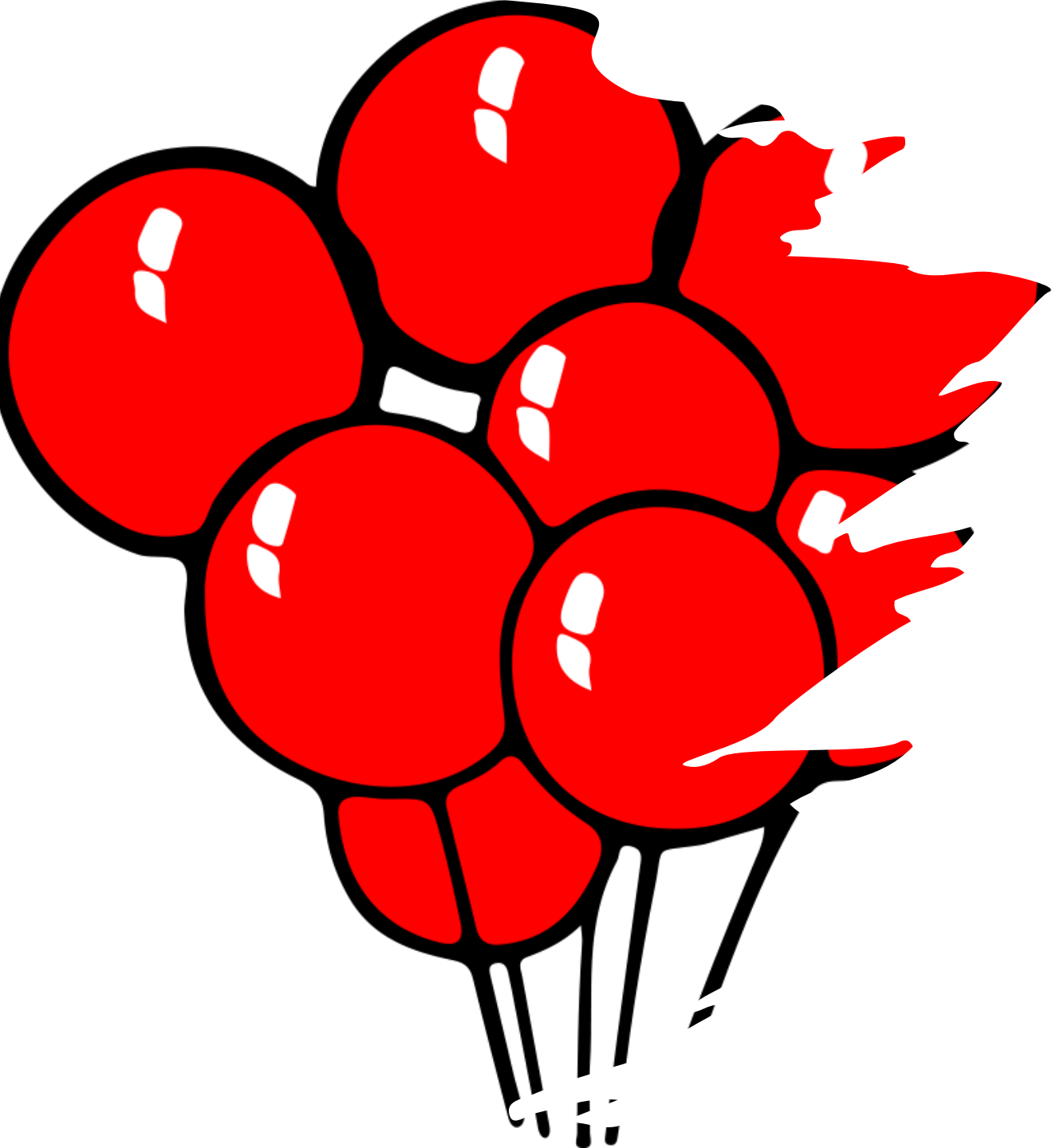
Red Balloons

Physical & Mental Wellbeing

To see what services are
available visit us at:

www.redballoons.org.uk





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Physical & Mental Wellbeing

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Taking care of our mental health has never been more important!

If you are looking for some support and encouragement, please get in touch!

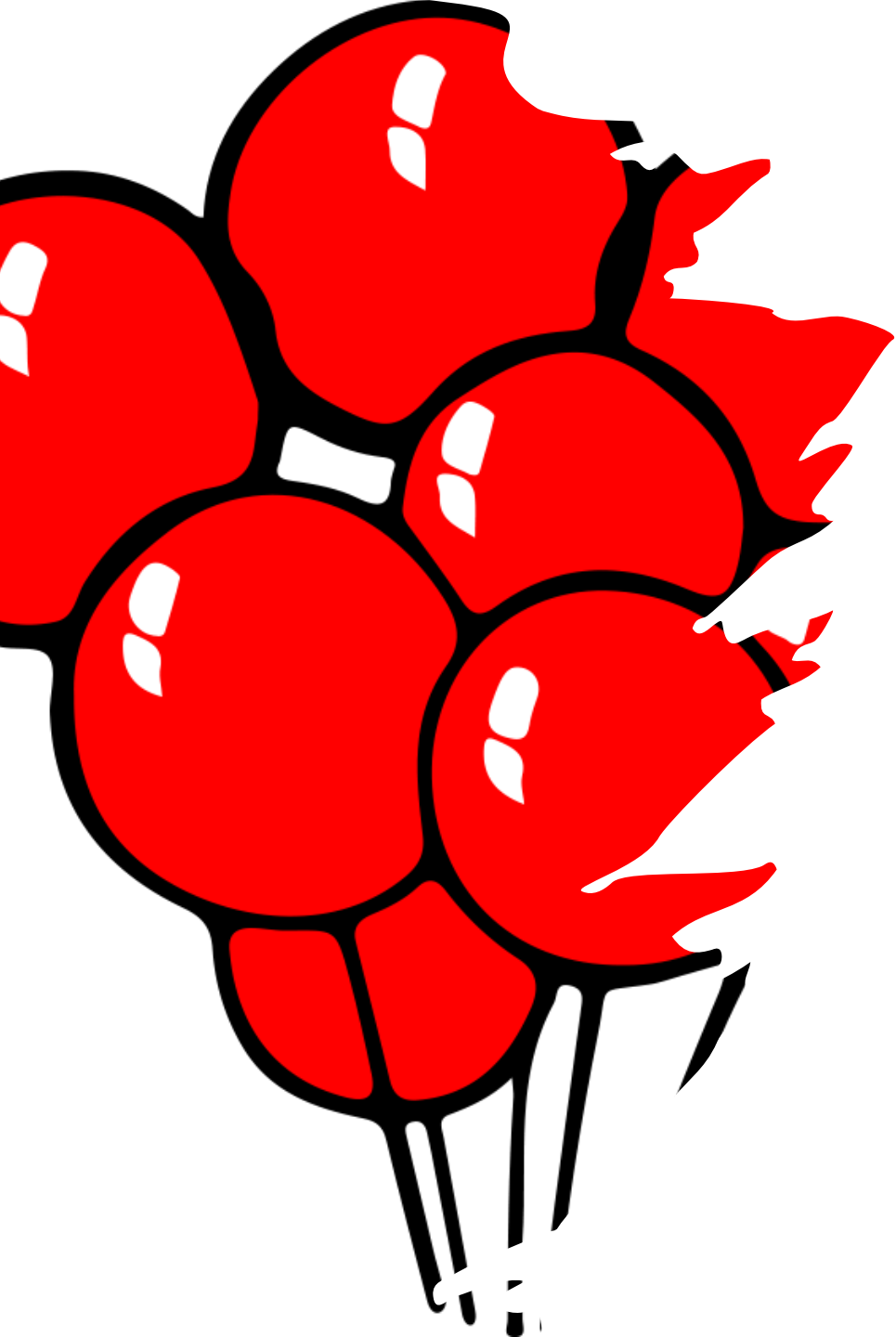
To enquire or find out more:

Email: red.3.balloons@gmail.com

Website: www.redballoons.org.uk

Facebook : www.facebook.com/redballoons2017





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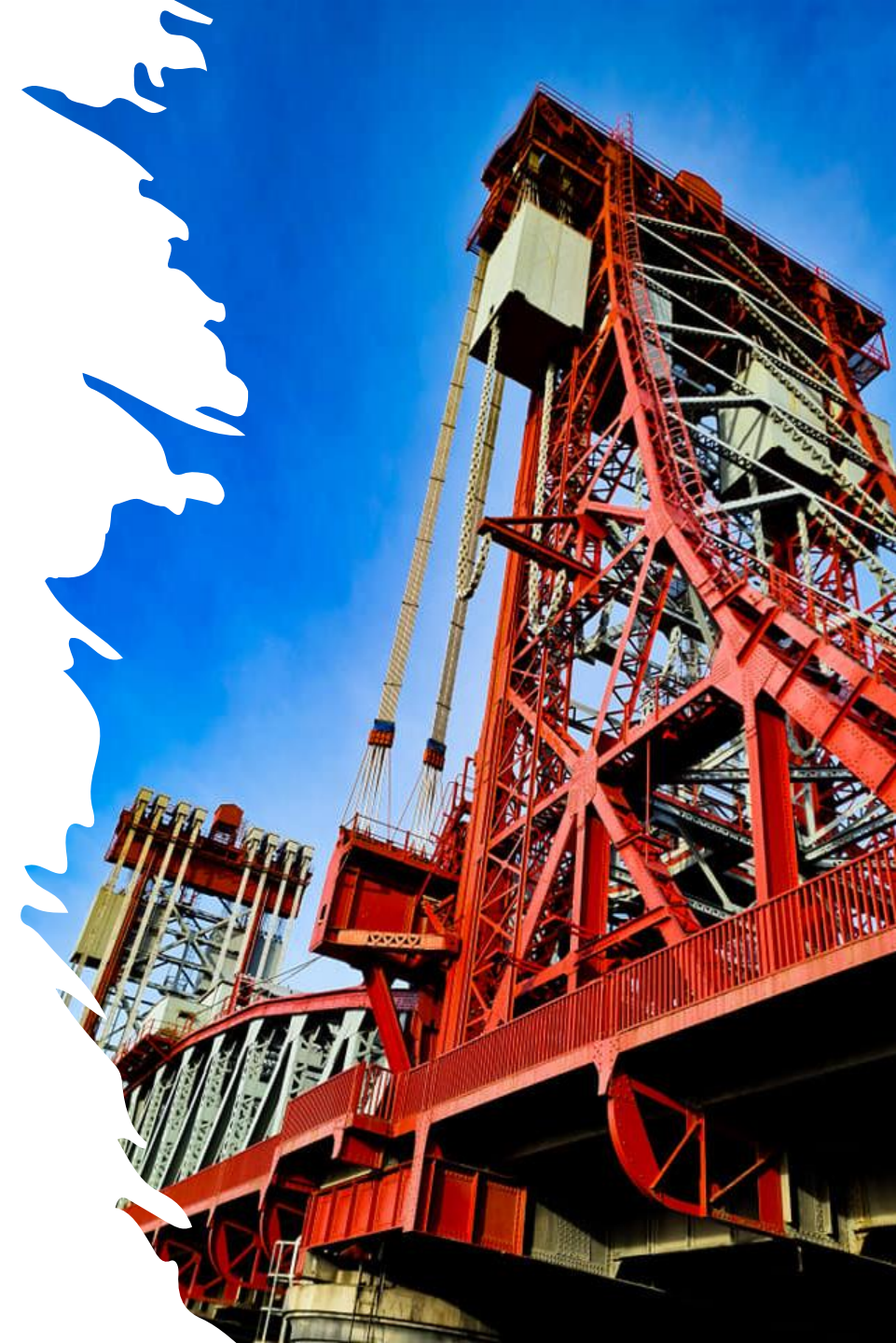
“Walk & Talk”

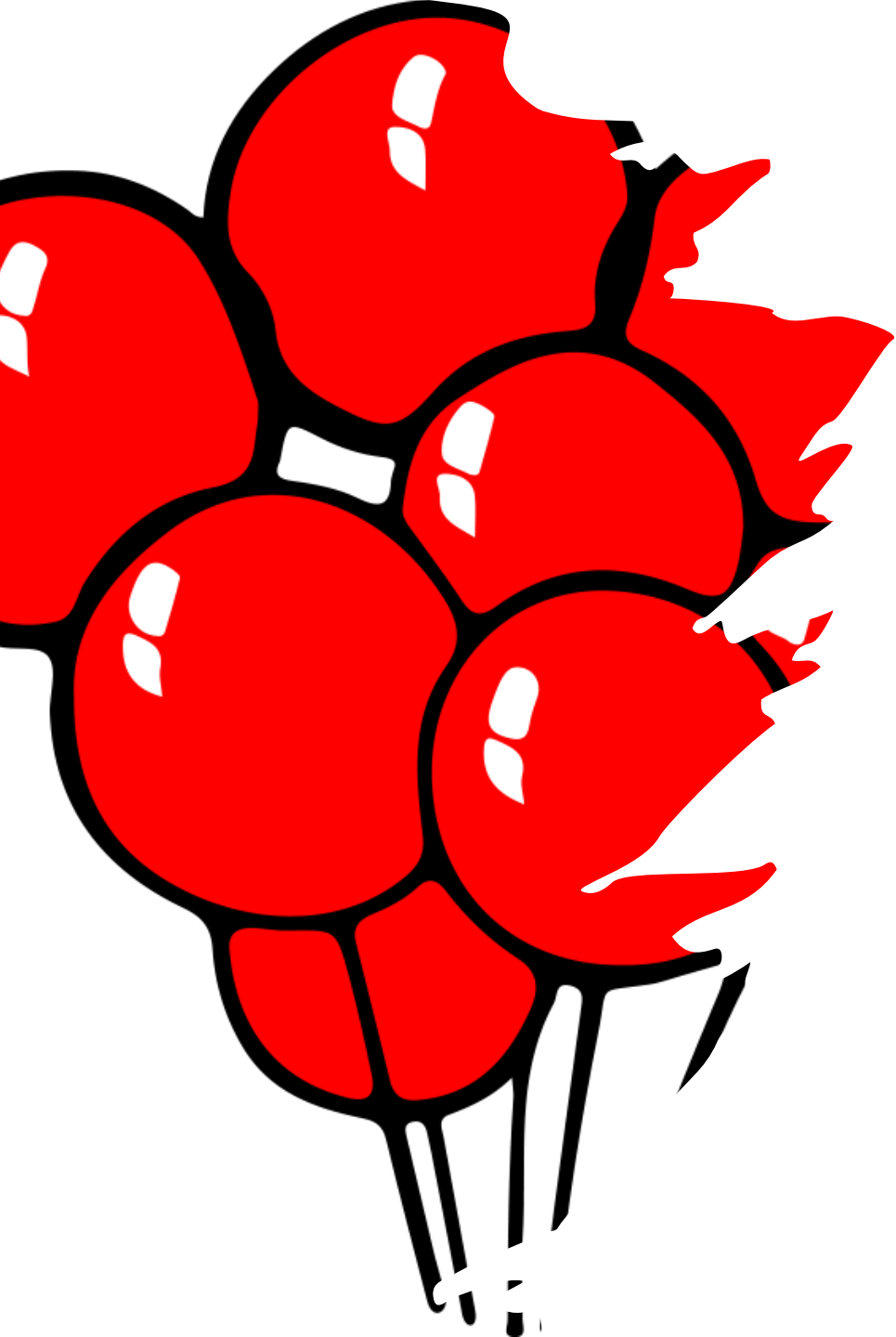
Various Days

Various Times

Locations across
Teesside

Visit the website for
details





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“1:1 Walk & Talks”

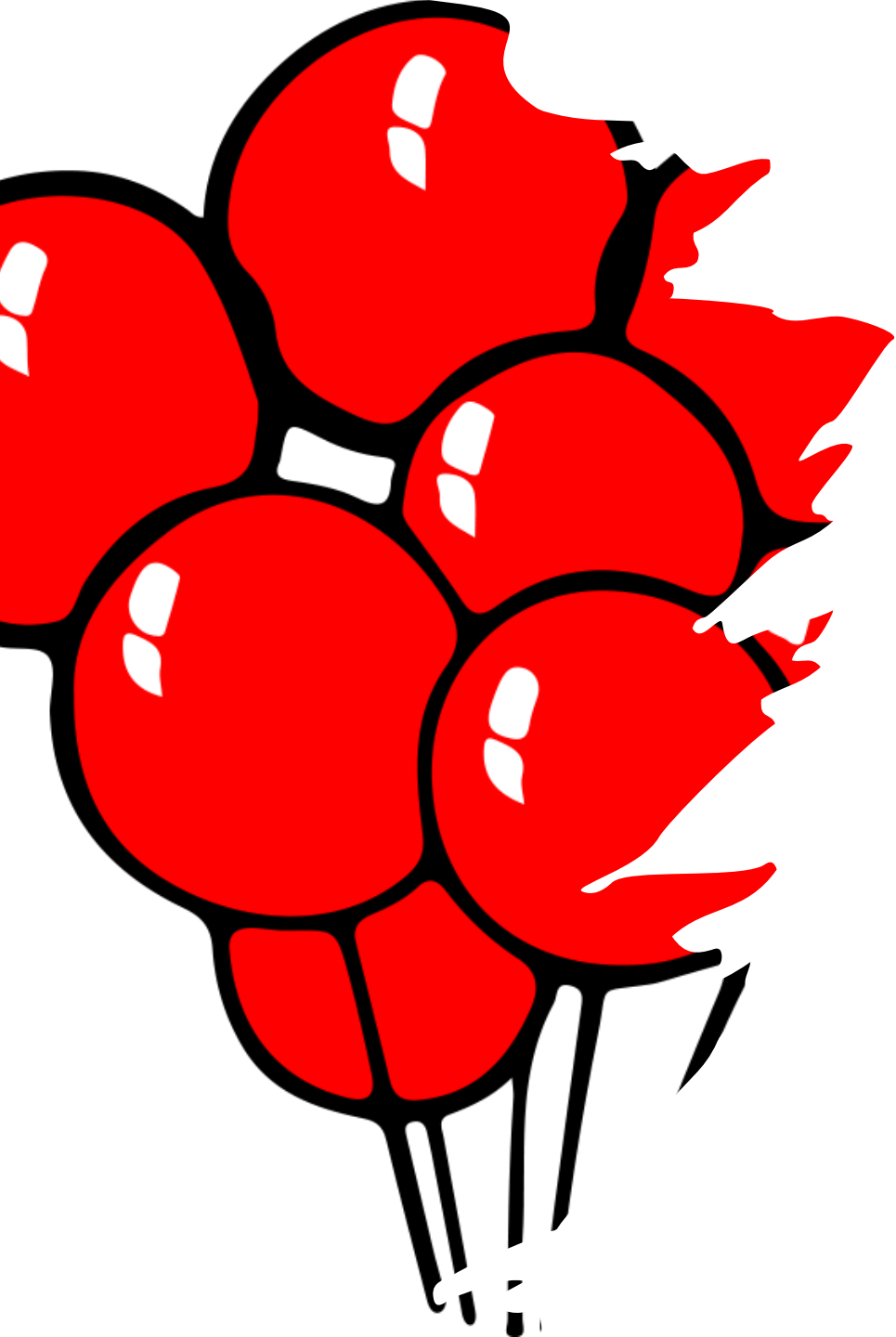
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“Walk & Talk”

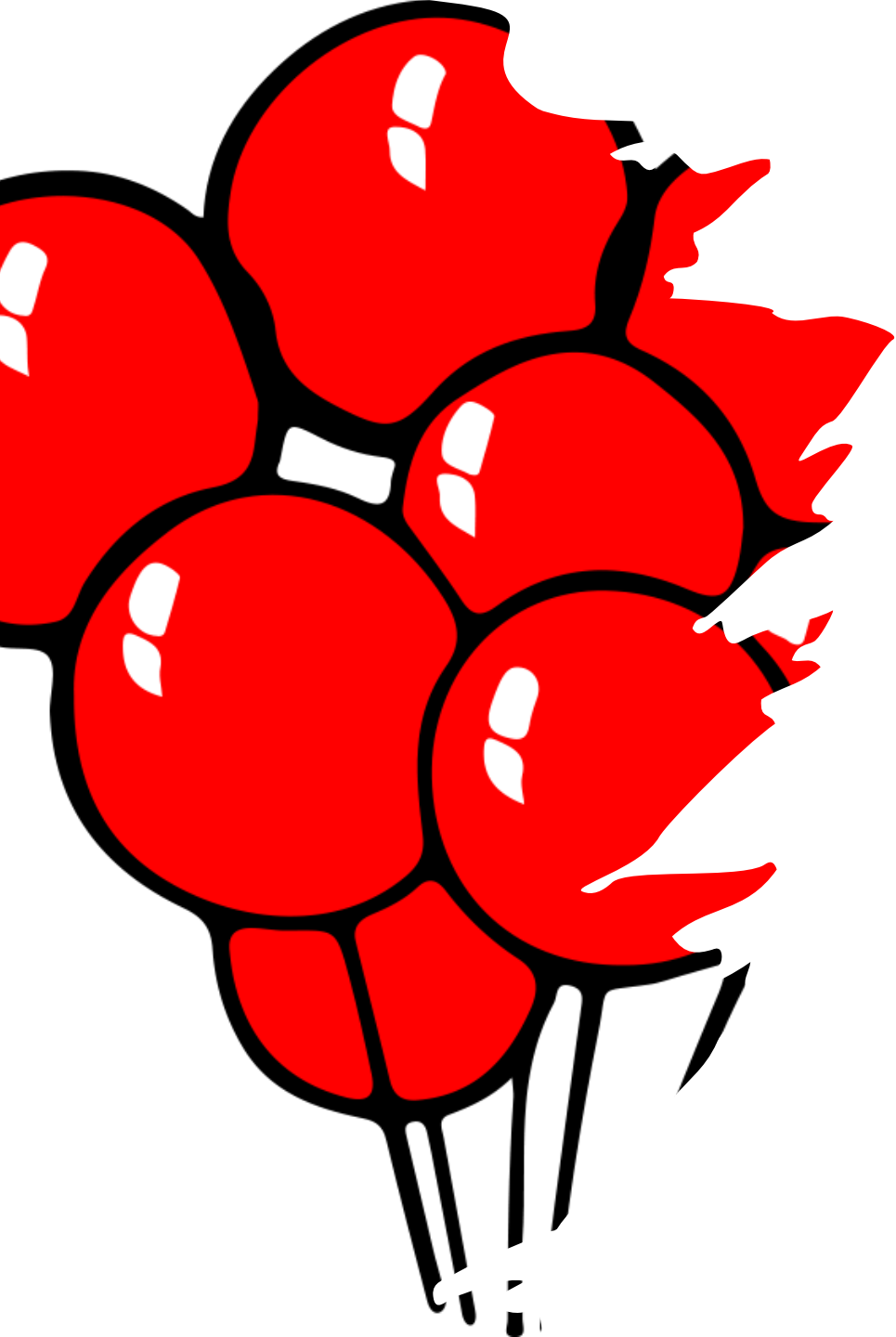
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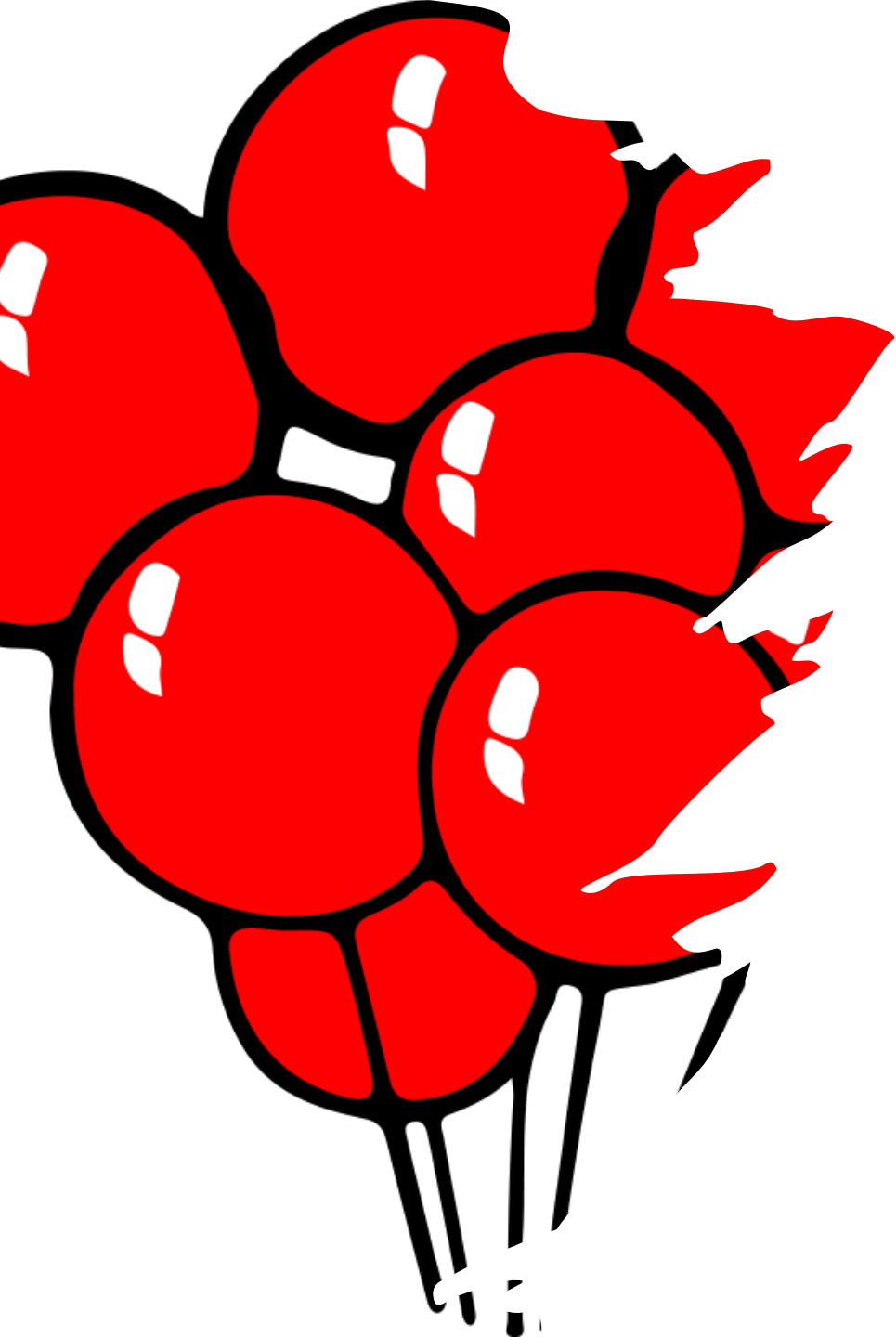
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“1:1 Walk & Talks”

Various Days

Various Times

Locations across

Calderdale / Kirklees

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