

## Opportunity for Veterans in North-East Essex to improve their mental well-being

We are pleased to be working with LWFitness4All in Colchester to offer a 9-week training programme aimed at improving Veterans' well-being. The programme will start on Tuesday 5<sup>th</sup> July 2022 and run every Tuesday and Thursday from 10 am to 1pm.

The training will combine:

- Emotional resilience;
- Coping mechanisms against depression;
- Fitness training with LW Fitness4All;
- Emergency First Aid at work (optional).

Places are limited, so if you are interested, please email: [suicidepreventiontraining@suffolk.gov.uk](mailto:suicidepreventiontraining@suffolk.gov.uk)

