



VICTORIA MEDICAL CENTRE



PATIENT PARTICIPATION

GROUP

Presents

Beating the Winter Blues

Darker nights getting you down?

Too busy to stop, too worried to relax?

Concerned that things are getting on top of you?

**Come along to our advice session, and hear
from professionals about how you and your
family can survive the winter's mental
challenges**

Where: **Victoria Medical Centre,**
29 Upper Tachbrook Street, SW1

When: **Thursday 20 October**

From: **5:30 - 8:00**

Everyone is welcome
You don't have to be a VMC patient to come