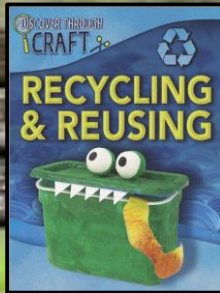
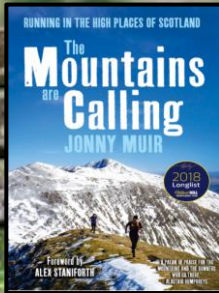
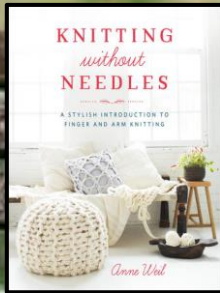
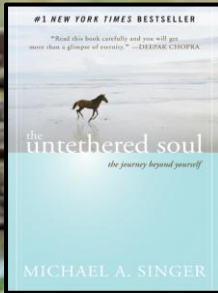
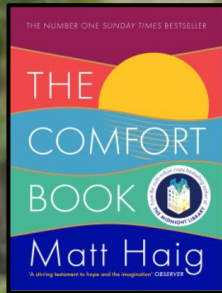


# Aberdeenshire Wellbeing Festival

## 9th - 15th May 2022

Click here to find out about our wide range of Wellbeing events.



Link to Reading Well for Mental Health



It has been proven that reading for just SIX minutes a day boosts your mental health by 68%. Can you pledge six minutes on 11th May 2022 and devote it to reading? Click on the logo for more details.

