Year of Wellbeing Festival 2019
Saturday 18 May 2019, 10am - 3pm
Broadgate, Coventry
Free event, come and try out new activities and find out more about local services.

May
Key dates
3-12 Coventry Comedy Festival
12 Perinatal Mental Health Awareness Walk, Ryton Pools
14-18 Arts and Health Symposium, Belgrade Theatre
18 Year of Wellbeing Festival, Broadgate

Key theme: Be healthy at work

June/July
Key dates
12 Carers’ Conference
21 Inclusive Sports Festival
29/30 Race for Life, Stoneleigh
June and July Positive Images Festival
2-4 July Godiva Festival

Key theme: Be Community Friendly

Coventry and Warwickshire Year of Wellbeing 2019 is here to inspire and empower people to change lives, by improving their wellbeing and the wellbeing of the people around them. Here are a few ideas of key dates coming up, and some of the different ways you can join in with the Year of Wellbeing in the weeks to come.