

St Leonard's
Hospice



mnda

motor neurone disease
association

MND

Wellbeing

Drop-In

First and third Wednesday of every month

1pm to 3pm

Sunflower Centre

St Leonard's Hospice, 185 Tadcaster Road, York, YO24 1GL.

**Relax in a safe environment and
speak to our experienced team.**

Refreshments are provided. Free parking, including disabled spaces, are available.

In collaboration with
MND Association York Group

Sunflower
Wellbeing
Hub 


About the Sunflower Wellbeing Hub

Our Sunflower Wellbeing Hub provides expert advice and support covering a range of topics including:

- ☀️ The impact of diagnosis on yourself, friends, and family members
- ☀️ Breathlessness
- ☀️ Health and wellbeing
- ☀️ Planning for the future
- ☀️ Learning more about end-of-life care and the services we offer

Find out more about our drop-in sessions, support groups and resources.

 stleonardshospice.org.uk/WellbeingHub

 01904 777 770

 WellbeingAndOutreach@stleonardshospice.org.uk

