



**Healthy body –  
healthy mind!**

To be healthy means to feel good physically and mentally, but do you sometimes feel that life has become difficult?

Moving to another country can be challenging. The stress of emigration along with the loss of close bonds with your family and old friends, and the difficulties in adapting to a different culture and language can be a lot to take on.

Sometimes this can change the way we feel and make it harder to cope with everyday life. Would it help to speak to someone?

You can come along to one of the sessions planned in Ipswich which might help you with your wellbeing so you can enjoy a more fulfilling life.

The sessions are planned on:

**3 July and 17 July 2010**

**at 46-48 Westgate Street, Ipswich IP1 3ED**

**between 10.30 and 12.30.**

We speak Polish and we offer confidential and impartial advice in finding the help you need. You can leave a message and we will call you back as soon as possible.

**See you there!**

**NHS  
Suffolk**

To book your place  
or to find out more call  
07539 201 069 or  
07985 137 379. You can also  
find more details via  
[www.ipswichpolishclub.co.uk](http://www.ipswichpolishclub.co.uk)