

# The Wellbeing Café at St Michael's Hospice



St Michael's  
Hospice

Do you have a life-limiting illness?

Does a loved one have a condition  
they won't get better from?

## Answer 'Yes' to either?

Drop in for a cuppa and a chat  
with one of our friendly, expert team.

You don't need to be receiving care from  
St Michael's to attend the Wellbeing Café.

The monthly drop-ins are also a chance  
to find out how St Michael's might be able  
to help, and for you to meet others going  
through similar experiences.

The Wellbeing Café takes place on the  
second Tuesday of each month, from  
1.30-3pm at St Michael's Hospice (HR1 4HA).



For more information: Call: 01432 852080 or  
Email: [dayhospice@smhospicehereford.org](mailto:dayhospice@smhospicehereford.org)



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