



## 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.

# Highlights

[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.

## 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**