



# Luton Wellbeing Centre Book Club

In Collaboration with Luton Libraries, we offer a monthly book club for our service users, with a particular focus on positive mental health, trigger warnings, but with a lot of fun books thrown in too.

We'd love you to join us in this safe space where we will be discussing our literary preferences, building new friendships and of course, having a cuppa!

## Diary Dates 2023

Session time: 1.00pm - 2.00pm

Friday 10th Feb  
Friday 10th March  
Friday 7th April  
Friday 5th May  
Friday 2nd June  
Friday 30th June

Friday 28th July  
Friday 25th Aug  
Friday 22nd Sept  
Friday 20th Oct  
Friday 17th Nov  
Friday 15th Dec

A time to  
focus the  
mind



Relax and enjoy  
a cuppa whilst  
you read

Thank you  
World Of Books  
for your very  
kind donations

"Books are a uniquely portable magic"  
Stephen King

### Location:

45-56 Dumfries Street, Luton LU1 5BP  
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[www.mind-blmk.org.uk/luton](http://www.mind-blmk.org.uk/luton)

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