

Living Life To The Full

Monday 21st January 2.30pm-4.00pm (8 weeks)

Top tips on how to tackle everyday problems; improve your confidence and mood. Learn new skills on how to increase motivation and feel great again.

Cost: Free

Venue: St Ambrose Church Hall
Halton View Road
Widnes
WA8 0TR

Mindful Movement

Tuesday 5th February 1.30pm-3.00pm (4 weeks)

A gentle exploration of ways to take stresses out of life and put some joy in its place using mindful movement and meditation.

Cost: Free

Venue: Ditton Community Centre
Dundalk Road
Widnes
WA8 8DF

Living Life To The Full

Saturday 16th February 10.00am-11.30am (8 weeks)

Top tips on how to tackle everyday problems; improve your confidence and mood. Learn new skills on how to increase motivation and feel great again.

Cost: Free

Venue: St Ambrose Church Hall
Halton View Road
Widnes
WA8 0TR

Creative Paining

Tuesday 5th March 2.00pm-3.30pm (4 weeks)

This course offers a space for you to explore your creative side, have fun and meet new people. We will concentrate on creating individual artwork weekly.

Cost : Free

Venue: St Paul's Church Hall
Victoria Road
Widnes
WA8 7QU

One to one service

Call to arrange a one to one appointment

An informal chat with one of our Community Wellbeing Officers; develop your own plan to deal with issues that are bothering you and improve your wellbeing.

Call to arrange a one to one appointment
01928 589 799

To book:

Call: 01928 589799

Email: info@wellbeingenterprises.org.uk

Online: www.wellbeingenterprises.org.uk

Living Life To The Full

Monday 4th February 11.00am-12.30pm (8 weeks)

Top tips on how to tackle everyday problems; improve your confidence and mood. Learn new skills on how to increase motivation and feel great again.

Cost: Free

Venue: Castlefields Community Centre
Village Square
Runcorn
WA7 2ST

Mindful Movement

Tuesday 5th February 11.00am-12.30am (4 weeks)

A gentle exploration of ways to take stresses out of life and put some joy in its place using mindful movement and meditation.

Cost: Free

Venue: Brookvale Community Centre
Northwich Rd
Runcorn
WA7 6PE

Creative Painting

Friday 22nd February 10.00am-12.00pm (4 weeks)

This course offers a space for you to explore your creative side, have fun and meet new people. We will concentrate on creating individual artwork weekly.

Cost: Free

Venue: Castlefields Community Centre
Village Square
Runcorn
WA7 2ST

Living Life To The Full

Friday 22nd February 1.30pm-3.00pm (8 weeks)

Top tips on how to tackle everyday problems; improve your confidence and mood. Learn new skills on how to increase motivation and feel great again.

Cost: Free

Venue: Grangeway Community Centre
Runcorn
Cheshire
WA7 5HA

Mindfulness

Wednesday 27th February 10.00am-11.30am (5 weeks)

Discover the power of mindfulness to boost your wellbeing, reduce stress and reconnect with your life through the senses and breathing techniques.

Cost: Free

Venue: St Edwards Church Hall
Ivy St,
Runcorn
WA7 5NZ

To book:

Call: 01928 589799

Email: info@wellbeingenterprises.org.uk

Online: www.wellbeingenterprises.org.uk

Mindfulness

Tuesday 22nd January 1.15pm-2.45pm (4 Weeks)

Discover the power of mindfulness to boost your wellbeing, reduce stress and reconnect with your life through the senses and breathing techniques.

Cost: Free

Venue: Wesley Church
Vincent Street
St Helens
WA10 1DZ

Mindful Movement

Monday 11th February 1pm-2.30pm (4 weeks)

A gentle exploration of ways to tackle stresses out of life and put some joy in its place using mindful movement and meditation.

Cost: Free

Venue: United Reformed Church,
King Street
St Helens
WA10 2JZ

Living Life to the Full (closed group)

Tuesday 23rd April 1.30pm- 3pm (8 weeks)

Top tips on how to tackle everyday problems; improve your confidence and mood. Learn new skills on how to increase motivation and feel great again.

Cost: Free

Venue: Corporation Street

One to one service

Call to arrange a one to one appointment

An informal chat with our community Wellbeing Officer; develop your own plan to deal with issues that are bothering you and improve your wellbeing.

Call to arrange a one to one appointment
01928 589 799

To book:

Call: 01928 589799

Email: info@wellbeingenterprises.org.uk

Online: www.wellbeingenterprises.org.uk

