

Webinar: Managing Our Emotions

Thursday 18th January 2:00 - 3:00 pm

Learn top tips to keep a cool head during challenging times in this free webinar.

Join us online via Zoom -
Register on our webpage :
www.wellbeingenterprises.org.uk/whats-on/

T: 01928 589 799

Visit to Norton Priory including The Gaia

Tuesday 23rd January 1:00 - 3:00 pm

Visit Norton Priory museum, the medieval undercroft, priory ruins and woodlands. Plus experience Earth as viewed from space with the Gaia installation.

Meeting Point: Norton Priory
Tudor Road
WA7 1SX

T: 01928 589 799

Wellbeing Get Together: Coffee, Cake and a Chat

Wednesday 7th February 1:00 - 3:00pm

Come for a cosy afternoon of coffee, cake and chatting. Meet new people, have a chat about your wellbeing and have fun!

Meeting Point: CGL Kitchen Table Cafe (The Annexe)
Aston Dane House
WA8 0QR

T: 01928 589 799

Yoga for All

Tuesday 27th February 1:00 - 2:00pm

Unwind and improve your health and wellbeing by learning gentle yoga exercises. No experience needed, wear comfortable clothing.

Meeting Point: Halton Brook Community Centre
Meadway
WA7 2DY

T: 01928 589 799

Webinar: How to Fix Almost Anything

Thursday 29th February 2:00 - 3:00pm

Come and learn problem solving and goal setting techniques to achieve your wellbeing goals.

Join us online via Zoom -
Register on our webpage :
www.wellbeingenterprises.org.uk/whats-on/

T: 01928 589 799

To book:

Call: 01928 589799

Email: info@wellbeingenterprises.org.uk

Online: www.wellbeingenterprises.org.uk

Cycling: Phoenix Park

Thursday 7th March 1:00 - 2:30pm

Come for a gentle cycle around Phoenix Park. A great chance to exercise and meet new people. Bring your own bike and safety equipment.

Meeting Point: Chi Community Cafe
Castlefields Avenue East
WA7 2PT

T: 01928 589 799

Yoga for All

Tuesday 12th March 1:00 - 2:00pm

Unwind and improve your health and wellbeing by learning gentle yoga exercises. No experience needed, wear comfortable clothing.

Meeting Point: Upton Community Centre
Hough Green Road
WA8 4PF

T: 01928 589 799

Flower Arranging in partnership with The Wonky Garden

Wednesday 13th March 2:00 - 4:00pm

Come and learn the art of Japanese Ikebana decorative flower arranging and create your very own beautiful floral arrangement.

Meeting Point: Ditton Community Centre
Dundalk Road
WA8 8DF

T: 01928 589 799

Wellbeing Walk at Victoria Park

Tuesday 19th March 2:00 - 3:30pm

Come and join our friendly walking group and discover the joys of Victoria Park. The perfect way to boost your wellbeing.

Meeting Point: The Band Stand
Victoria Park
WA8 7SU

T: 01928 589 799

Webinar: 10 Things to Make You Feel Happier Straight Away

Thursday 28th March 2:00 - 3:00pm

Learn top tips to improve your wellbeing and build a healthier mind and body.

Join us online via Zoom -
Register on our website:
www.wellbeingenterprises.org.uk/whats-on/

T: 01928 589 799

To book:

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