

Ways to Wellbeing

Workshop Programme

For further information or to book your place,
please email/call:

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29th February , 7th & 14th March 2016
St Richards Community Centre, Hangleton

Outline of Workshops...

Workshop 1:

Monday 29th February

10.30am-1pm

Main Hall

Workshop 2:

Monday 7th March

10.30am-1pm

Main Hall

**Please wear comfortable clothing for this session*

Workshop 3:

Monday 14th March

10.30am-1pm

Main Hall

Week 1: Be Active & Connect

10.30am – 10.40am: Housekeeping and welcome

10.40am -11.40am: Active for Life session

11.40am -11.55am: ***BREAK***

11.55am -12.55pm: Connecting with Open Strings music

12.55pm-1.00pm: Finish and evaluations

Week 2: Take Notice & Give

10.30am-10.40am: Housekeeping and welcome

10.45am-11.40am: Mindful Movement and relaxation session

11.40am-11.55am:** BREAK ***

11.55am– 12.15pm: Taking notice of surroundings activity

12.15pm– 12.45pm: Giving to yourself and others

12.50pm– 1.00pm: Finish and evaluation

Week 3: Keep Learning & Your own 5 Ways...

10.30am -10.40am : Housekeeping and welcome

10.40am -11.40am : Art in Mind, clay session

11.40am– 12.00pm: *** Break ***

12.00pm -12.45pm: Planning your own ways to wellbeing

12.45pm– 1pm: Final evaluations

****Please note, programme subject to minor change****