

Wellbeing Enterprises CIC

'Ways to Wellbeing' Programme of Activities

Runcorn (April to June 2016)

Here is a list of all our FREE courses and activities running over the next three months – come along to any of our courses to learn top-tips to boost your own, and other people's, wellbeing.

For further information or to book a place on any course please contact the Wellbeing Enterprises team on 01928 589799, email info@wellbeingenterprises.org.uk or book online via www.wellbeingenterprises.org.uk

Course / Event	Venue	Starts	Length & cost
<p>Stress Less Take part in a fun and creative course to learn top-tips to combat stress in your life.</p>	Castlefields Community Centre, Tyrell Way, WA7 2HR	Tuesday 19 th April 1.00pm - 2.30pm	4 weeks - Limited FREE places
<p>Living Life to the Full Find out how you can change your life in just 12 hours – tackle everyday problems and boost your wellbeing.</p>	St Edwards Church, Ivy Street, WA7 5NZ	Friday 22 nd April 1.00pm – 2.30pm	8 weeks - Limited FREE places
<p>Mindfulness Discover the power of Mindfulness to boost wellbeing and reconnect with your life through your senses.</p>	Grangeway Community Centre, Grangeway, WA7 5HA	Friday 22 nd April 10.00am – 11.30am	6 weeks - Limited FREE places
<p>Living Well Learn to better manage your long-term condition with this interactive course and gain practical tools and techniques to help.</p>	Palacefields Community Centre, The Uplands, WA7 2UA	Thursday 26 th May 1.00pm – 2.30pm	4 weeks - Limited FREE places

<p>Sleep and Relaxation Learn techniques and top tips to get a better night's sleep and how to relax more</p>	<p>St Edwards Church, Ivy Street, WA7 5NZ</p>	<p>Wednesday 4th May 1.30pm – 3.00pm</p>	<p>4 weeks – Limited FREE places</p>
<p>Heritage Walks Runcorn Enjoy the outdoors and get active while learning about the fascinating history of the canals and railways during the industrial revolution. Join us in a friendly relaxed group, making friends and learn about the history of Runcorn.</p>	<p>(Runcorn – Old Town) Meet at Brindley Theatre car park, High Street, WA7 1BG</p>	<p>Monday 16th May 1.00pm – 2.30pm</p>	<p>2 Walks – Limited FREE places</p>
<p>Norton Priory Outdoor Creative Spring Crafts Enjoy fun and laughter by creating your own bird box, willow structures, lanterns and pottery. Join us in a friendly and relaxed group, making new friends and learning new skills.</p>	<p>Norton Priory, Walled Garden, Tudor Road, Manor Park, WA7 1SX</p>	<p>Tuesday 3rd May 1.00pm - 2.30pm</p>	<p>4 weeks - Limited FREE places</p>
<p>Time for Me - Art Themed Creative Crafts Enjoy fun and laughter by expressing yourself through creative arts. Join us in a friendly and relaxed group, making new friends and learning new skills.</p>	<p>Grangeway Community Centre, Grangeway, WA7 5HA</p>	<p>Friday 3rd June 10.00am – 11.30am</p>	<p>4 weeks - Limited FREE places</p>

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Course / Event	Venue	Starts	Length & cost
<p>Living Life to the Full Find out how you can change your life in just 12 hours – tackle everyday problems and boost your wellbeing</p>	Ditton Community Centre, Dundalk Road, WA8 8DF	Thursday 14 th April 10.00am – 11.30pm	8 Weeks - Limited FREE places
<p>Living Well Learn to better manage your long-term condition with this interactive course and gain practical tools and techniques to help.</p>	Kingsway Learning Centre, Victoria Square, WA8 7QY	Monday 18 th April 10.00am – 11.30pm	4 Weeks - Limited FREE places
<p>Mindfulness Discover the power of Mindfulness to boost wellbeing and reconnect with your life through your senses.</p>	Widnes Baptist Church, Deacon Road, WA8 6EA	Monday 16 th May 1.00pm – 2.30pm	6 Weeks - Limited FREE places
<p>Sleep and Relaxation Learn techniques and top tips to get a better night's sleep and how to relax more</p>	Peelhouse Medical Centre, Peel house Lane, WA8 6TN	Tuesday 1 st June 1.00pm – 2.30pm	4 Weeks – Limited FREE places

Heritage Walks Widnes

Enjoy the outdoors and get active while learning about the fascinating history of the canals and railways during the industrial revolution. Join us in a friendly relaxed group, making friends and learn about the history of the area.

(Widnes – West Bank)
Meet at Catalyst/Spike Island
car park, Mersey Road, WA8
0DF

Monday 6th June
1.00pm – 2.30pm

2 Walks - Limited
FREE places

(Widnes – Hale Village)
Meet at Hale Park car park, off
High Street, L24 4EA

Monday 13th June
1.00pm – 2.30pm

Outdoor Creative Spring Crafts

Enjoy fun and laughter by creating your own bird box, willow structures, lanterns and pottery. Join us in a friendly and relaxed group, making new friends and learning new skills. This course is provided by Norton Priory at St Pauls Church, Widnes.

St Pauls Church, Victoria
Road, WA8 7QU

Friday 3rd June
1.00pm – 2.30pm

4 Weeks - Limited
FREE places

Time for Me - Art Themed Creative Crafts

Enjoy fun and laughter by expressing yourself through creative arts. Join us in a friendly and relaxed group, making new friends and learning new skills.

Upton Community Centre,
Hough Green Road, WA8
4PF

Friday 6th May
1.00pm – 2.30pm

4 Weeks – Limited
FREE places
