

Wellbeing Enterprises CIC

'Ways to Wellbeing' Programme of Activities

St Helens (July - September 2017)

Here's 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 your Community Wellbeing Officer on 01928 589799, email info@wellbeingenterprises.org.uk or book online via www.wellbeingenterprises.org.uk.

Course / Event	Venue	Starts	Length & cost
<p>Floral Crafts (St Helen's Carer's Centre) Join us for this fun and informal course, exploring flower arranging and floral crafts in the form of decorative centre pieces and themed wreaths.</p>	Fishwick House, 18 Cotham Street, St Helens, WA10 1SJ	Monday 3 rd July 10.30am – 12pm	4 weeks – Closed group
<p>Line Dancing (Heald Farm Court) Come along and meet like-minded people, learn to line dance, be more active and improve your wellbeing. Please wear comfortable footwear.</p>	Sturgess Street, Newton – le Willows, WA12 9HN	Monday 3 rd July 1.30pm – 3pm	4 weeks – Closed group
<p>Creative Upcycling Join us for this fun and informal course exploring the upcycling of your own household furniture into creative new pieces using decoupage, paints and much more</p>	United Reformed Church, King Street St Helens WA10 2JZ	Tuesday 4 th July 3.30pm – 5pm	4 weeks – Limited FREE places
<p>Mindful Movement A gentle exploration of ways to take stresses out of life and put some joy in its place using mindful movement and meditation</p>	Newton Family Community Centre, Park Road South, Newton-le-Willows WA12 8EX	Wednesday 5 th July 1.30pm – 3pm	4 weeks – Limited FREE places

<p>Tai Chi (St Helen's Carer's Centre) Learn basic Tai Chi skills, be more active, improve your strength, balance and core strength whilst improving your wellbeing</p>	<p>Fishwick House, 18 Cotham Street, St Helens, WA10 1SJ</p>	<p>Thursday 6th July 1.30pm – 3pm</p>	<p>4 weeks – Closed group</p>
<p>Mindfulness Discover the power of Mindfulness to boost your wellbeing and reconnect with your life through your senses.</p>	<p>United Reformed Church, King Street St Helens WA10 2JZ</p>	<p>Tuesday 1st August 10.30am – 12pm</p>	<p>4 weeks – Limited FREE places</p>
<p>Wellbeing Booster This course offers a taste of four of our most popular courses. To give participants a boost to their wellbeing. We will cover top tips around Sleep, Relaxation, Emotional Awareness, Mindfulness and “10 ways to feel happier right away”.</p>	<p>United Reformed Church, King Street St Helens WA10 2JZ</p>	<p>Tuesday 1st August 1.30pm – 3pm</p>	<p>4 weeks – Limited FREE places</p>
<p>Mindful Movement A gentle exploration of ways to take stresses out of life and put some joy in its place using mindful movement and meditation</p>	<p>United Reformed Church, King Street St Helens WA10 2JZ</p>	<p>Wednesday 2nd August 1.30pm – 3pm</p>	<p>4 weeks – Limited FREE places</p>
<p>Living Life to the Full 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.</p>	<p>United Reformed Church, King Street St Helens WA10 2JZ</p>	<p>Wednesday 16th August 10.30am – 12pm</p>	<p>8 weeks – Limited FREE places</p>
<p>Mindfulness Discover the power of Mindfulness to boost your wellbeing and reconnect with your life through your senses.</p>	<p>Newton Family Community Centre, Park Road South, Newton-le-Willows WA12 8EX</p>	<p>Monday 4th September 10.30am – 12pm</p>	<p>4 weeks – Limited FREE places</p>
<p>Sleep and Relaxation Learn techniques and top tips to get a better night's sleep and how to relax more</p>	<p>Newton Family Community Centre, Park Road South, Newton-le-Willows WA12 8EX</p>	<p>Friday 8th September 1.30pm – 3pm</p>	<p>4 weeks – Limited FREE places</p>