

The Wellbeing Programme

FEBRUARY 2021 WORKSHOPS & EVENTS

FEBRUARY 1: MINDFUL MONDAY WITH SUSAN WHITEHEAD, 7-8PM

FEBRUARY 2: THE GRATITUDE GALLERY PHOTOGRAPHY PROJECT WITH GINNY KOPPENHOL, 1-2.30PM

FEBRUARY 3: FUN WAYS TO TAKE CARE OF YOURSELF WITH THE KIDS AT HOME: WITH HANNAH EHLERT, 10-11.30AM

FEBRUARY 8: MINDFUL MONDAY: LUNCHTIME MEDITATION - WITH ALISON GOODWIN, 12.30-1.30

FEBRUARY 8: PEER LISTENING PROJECT, 1-2PM

FEBRUARY 10: FUN FROM OLD FABRICS: T-SHIRT YARN - WITH GABRIELLA BAVONE, 7-8.30PM

FEBRUARY 12: FUN FRIDAY QUIZ WITH LISA CORKERRY, 7-9.30PM

FEBRUARY 15: MINDFUL MONDAY: MOVING MINDFULLY - WITH NICOLA BEARDSWORTH, 2-2.45PM

FEBRUARY 17: EMPOWERED MOVEMENT - SESSIONS FOR LOCKDOWN WITH GABI CROSSLEY, 4-5PM

FEBRUARY 22: MINDFULNESS MEDITATION FOR WOMEN, WITH HAZEL HARDIE, 10-11AM

FEBRUARY 24: WHEN, WHY AND HOW TO ASK FOR WHAT YOU WANT - WITH SARAH LUDFORD, 10-12.30PM

FEBRUARY 26: SELF-COMPASSION AND EMPOWERMENT SERIES, 10-12PM

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