

Wellbeing Enterprises CIC 'Ways to Wellbeing' Programme of Activities. Knowsley (May – June 2016)

Here's a list of all our **FREE** courses and activities running over the next three months – come along to 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 Knowsley's Community Wellbeing Officer, Rachael on 01928 589799 or email info@wellbeingenterprises.org.uk. You can also book online via www.wellbeingenterprises.org.uk.

Course / Event	Venue	Starts	Length & cost
<p>Wellbeing Booster</p> <p>This course will offer a taste of four of our most popular courses to give participants a boost to their wellbeing. The course offers top tips around Sleep, Relaxation, Mindfulness and Positive thinking.</p>	<p>'The Hub' (Villages Housing) Stockbridge Village Liverpool L28 1NR</p>	<p>Thursday 12th May 10 – 11:30 am</p>	<p>4 weeks FREE – Limited places</p>
<p>Sleep and Relaxation</p> <p>Learn techniques and top tips to get a better night's sleep and how to relax more.</p>	<p>Tower Hill Community Centre Ebony Way Kirkby, L33 1XT</p>	<p>Thursday 12th May 1:30 – 3 pm</p>	<p>4 weeks FREE – Limited places</p>
<p>Creative Discoveries</p> <p>Join us for a playful and creative workshop giving time to YOU and exploring your dreams, hopes and aspirations.</p>	<p>Southdene Community Centre Broad Lane Kirkby, L32 6QG</p>	<p>Monday 23rd May 10:30 – 12 noon</p>	<p>4 weeks FREE – Limited places</p>
<p>Mindfulness</p> <p>Discover the power of Mindfulness to boost wellbeing and reconnect with your life through your senses.</p>	<p>The Fairclough Centre 193 Liverpool Road Huyton, L36 3RD</p>	<p>Monday 23rd May 3 – 4:30 pm</p>	<p>6 weeks FREE – Limited places</p>
<p>Make the present moment a pleasant moment (Mindful Movement)</p> <p>A gentle exploration of ways to take some of the stress out of life and put some joy back in its place using mindfulness and movement.</p>	<p>Northwood Community Centre Gilescroft Avenue Kirkby, L33 9TW</p>	<p>Tuesday 31st May 10 – 11:30 am</p>	<p>6 weeks FREE – Limited places</p>
<p>Focus on Nature</p> <p>A gentle exploration of the green spaces in your area, using mindfulness and playful creativity to connect with nature whilst having fun and meeting new people.</p>	<p><i>Meeting point:</i> Court Hey Café Court Hey Park Roby Road Huyton, L16 3NA</p>	<p>Wednesday 15th June 10 – 12 noon</p>	<p>4 weeks FREE – Limited places</p>
<p>Focus on Nature</p> <p>A gentle exploration of the green spaces in your area, using mindfulness and playful creativity to connect with nature whilst having fun and meeting new people.</p>	<p><i>Meeting point:</i> Mill Farm Environment Centre Mill Dam Park Mill Lane, Kirkby, L32 2AU</p>	<p>Tuesday 21st June 10 – 12 noon</p>	<p>4 weeks FREE – Limited places</p>