

Food & Your Mood (4 weeks)

Thursday 27th January 11:00-12:00pm

Learn how food and dietary habits can improve your mood. Discover how to incorporate good habits into a balanced diet for maximum wellbeing benefits.

Join us online via Zoom -
Register on our webpage:
www.wellbeingenterprises.org.uk/whats-on/

T: 01928 589 799

Virtual Yoga (4 weeks)

Thursday 20th January 7:30-8:30pm

Unwind and improve your health and wellbeing by learning gentle yoga exercises. No experience needed, please wear comfortable clothing.

Join us online via Zoom -
Register on our webpage:
www.wellbeingenterprises.org.uk/whats-on/

T: 01928 589 799

How to Overcome Unhelpful Habits

Tuesday 1st February 7:00-8:00pm

This session covers lifestyle factors that can impact on your wellbeing and how you can change these step by step.

Join us online via Zoom -
Register on our webpage:
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T: 01928 589 799

Managing Emotions

Tuesday 8th February 7:00-8:00pm

Learn top tips to keep a cool head during challenging times.

Join us online via Zoom -
Register on our webpage:
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T: 01928 589 799

Creating a Healthy Mindset

Tuesday 15th February 7:00-8:00pm

Learn how to identify unhelpful thinking patterns and how to overcome these to boost your wellbeing.

Join us online via Zoom -
Register on our webpage:
www.wellbeingenterprises.org.uk/whats-on/

T: 01928 589 799

To book:

Call: 01928 589799

Email: info@wellbeingenterprises.org.uk

Online: www.wellbeingenterprises.org.uk

Building Your Confidence

Tuesday 1st March 7:00-8:00pm

Learn top tips for building your confidence and feeling good about yourself and others.

Join us online via Zoom -
Register on our webpage:
www.wellbeingenterprises.org.uk/whats-on/

T: 01928 589 799

How to Fix Almost Anything

Saturday 12th March 10:30-11:30am

Learn problem solving and goal setting techniques to achieve your wellbeing goals.

Join us online via Zoom -
Register on our webpage:
www.wellbeingenterprises.org.uk/whats-on/

T: 01928 589 799

Breaking the Vicious Cycle to Boost Wellbeing

Tuesday 15th March 7:00-8:00pm

Discover how to overcome the vicious cycle that can impact your thoughts, feelings and behaviours. Learn how to break the cycle to improve your wellbeing.

Join us online via Zoom -
Register on our webpage:
www.wellbeingenterprises.org.uk/whats-on/

T: 01928 589 799

Building Your Motivation For Wellbeing

Tuesday 22nd March 7:00-8:00pm

Discover top tips for building a healthy routine and how to re-engage in activities that make you feel good.

Join us online via Zoom -
Register on our webpage:
www.wellbeingenterprises.org.uk/whats-on/

T: 01928 589 799

10 Things You Can Do to Feel Happier Straight Away

Saturday 26th March 10:30-11:30am

Learn top tips to improve your wellbeing and build a healthy mind and body.

Join us online via Zoom -
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