

Wellbeing Walking Group - Runcorn Hill Park

Tuesday 15th February 11:00 - 12:30pm

Come and join our friendly walking group and discover the joys of Runcorn Hill Park. The perfect way to boost your wellbeing.

Meeting Point: Esposito's Deli
81 Highlands Rd,
Runcorn
WA7 4PT
T: 01928 589 799

PAWS for Thought

Thursday 24th February 1:30-2:30pm

Join us and our four legged friends for an interactive wellbeing session with dogs. Learn how these animals can improve our wellbeing and confidence.

Venue: Brookvale Community Centre
Northwich Rd,
Runcorn
WA7 6PE
T: 01928 589 799

Alpaca Wellbeing

Thursday 3rd March 1:30-2:30pm

Meet and greet the beautiful Alpacas at the stunning Yew Tree Farm. Boost your wellbeing by getting to know all about them and their unique personalities.

Venue: Yew Tree Farm,
Lower Rd, Halewood,
Liverpool
L26 3UA
T: 01928 589 799

Wellbeing in Nature (4 weeks)

Tuesday 8th March 10:30-12:00pm

Immerse yourself in the woodland environment and learn all about forest bathing! Discover how observing nature can help boost our wellbeing in a natural way.

Meeting Point: Esposito's Deli,
81 Highlands Rd,
Runcorn
WA7 4PT
T: 01928 589 799

Ukulele for Beginners (4 weeks)

Tuesday 8th March 1:30-2:30pm

If you have ever wanted to play the ukulele, here is a great opportunity! You can bring your own or one will be provided for you to use at each of the 4 sessions.

Venue: St. Ambrose Church,
Bridge View Close,
Widnes
WA8 0TR
T: 01928 589 799

To book:

Call: 01928 589799

Email: info@wellbeingenterprises.org.uk

Online: www.wellbeingenterprises.org.uk

Wellbeing Walking Group - Phoenix Park

Thursday 10th March 11:00-12:30pm

The stunning park is part of The Mersey Forest and holds the coveted Green Flag Award. Surround yourself with wildlife and lovely open spaces.

Meeting Point: Chi Community Cafe,
Phoenix Park Ave, Castlefields,
Runcorn
WA7 2LW
T: 01928 589 799

Wellbeing Walking Group - Victoria Park

Thursday 17th March 11:00-12:30pm

Discover the beauty of Victoria Park, its stunning landscape, pond, and gorgeous greenhouse. There's something for everyone in this award winning park.

Meeting Point: Espositos Deli,
Birchfield Rd,
Widnes
WA8 7SU
T: 01928 589 799

Djembe - Hand Drum & Percussion Workshop (4 weeks)

Friday 18th March 11:00-12:00pm

Experience this all inclusive way to have fun and enjoy the benefits of hand drumming. No experience required.

Venue: Halton Brook Community Centre
Meadway, Halton Brook,
Runcorn
WA7 2DY

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