

ASPECTS WELLBEING

WELLBEING *and* RESILIENCE SESSION

📍 TOGETHER LOUNGE,
CONSETT, DH8 5HP

📅 TUESDAY 22ND SEPTEMBER

🕒 6.00PM-8:00PM



If you want to feel healthier,
calmer and more resilient -
this session is for you.

- Gain a better understanding of your own wellbeing , how to improve and maintain it
- Explore key factors which influence resilience
- Try some practical strategies to manage stress and anxiety, help you relax and switch off
- Build confidence in looking after your wellbeing

SCAN THE QR CODE TO SECURE YOUR PLACE

Price: £20.00 - refreshment and cake included

Numbers are limited to 15 so book your place today to avoid disappointment

Simply scan the QR code or
visit eventbrite.co.uk

Payments are non-refundable

