

December Wellbeing Wednesday

NO SESSIONS on
21st and 28th Dec

All sessions and refreshments are free

ADDRESS: St Paul's Church Hall, Victoria Avenue, M9 6RA

9am

Identity Beauty Workshop

Free workshop where you can learn the secrets of the trade in a relaxing environment. Brews, biscuits and a good chat.

Contact: [07846 826962](tel:07846826962) for more details.

10am

Creative Confidence

Take part in Gameshows, learn sign language, write poetry make new friends and have a laugh. Every week is different.

Contact: [07739 370690](tel:07739370690) or kittyshort75@me.com for details.

11:15
am

Paula's Place

A safe place to just be you and find your confidence, your power and your voice again. You are not alone.

For more details, please contact Paula on: [07824 428615](tel:07824428615)

12:15
pm

Morrisso Health

Do you want to be more active? Not sure where to start? Come and join us in a gentle circuit session. Complimentary Morrisso Health Fit kit provided for participants.

For more details, please contact Kathy on: [07504 831651](tel:07504831651)