

# Wellbeing Wednesdays

All sessions and refreshments are free

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

<p>9am</p>	<p><b><u>Identity Beauty Workshop</u></b> Free workshop where you can learn the secrets of the trade in a relaxing environment. Brews, biscuits and a good chat. Contact: <a href="tel:07846826962">07846 826962</a> for more details.</p>
<p>10am</p>	<p><b><u>Creative Confidence</u></b> Take part in Gameshows, learn sign language, write poetry make new friends and have a laugh. Every week is different. Contact: <a href="tel:07739370690">07739 370690</a> or <a href="mailto:kittyshort75@me.com">kittyshort75@me.com</a> for details.</p>
<p>11:15 am</p>	<p><b><u>Paula's Place</u></b> 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: <a href="tel:07824428615">07824 428615</a></p>
<p>12:15 pm</p>	<p><b><u>Morrisso Health</u></b> 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: <a href="tel:07504831651">07504 831651</a></p>