

Wellbeing Wednesdays

All sessions and refreshments are free

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

<p>9am</p>	<p><u>Identity Beauty Workshop</u> Free workshop where you can learn the secrets of the trade in a relaxing environment. Brews, biscuits and a good chat. Contact: 07846 826962 for more details.</p>
<p>10am</p>	<p><u>Creative Confidence</u> Take part in Gameshows, learn sign language, write poetry make new friends and have a laugh. Every week is different. Contact: 07739 370690 or kittyshort75@me.com for details.</p>
<p>11:15 am</p>	<p><u>Brew and a Chat</u> Pop in for a brew and chat in this friendly mindfulness group.</p>
<p>12:15 pm</p>	<p><u>Morrisso Health</u> 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</p>