

### Laughter Club

Starts: Wednesday 1st August 2.30pm-4pm (4 weeks)

Come and join us for a comedy workshop in your community. Build confidence, meet new people and most of all have fun.

Cost: Free

Venue: United Reformed Church,  
King Street  
St Helens  
WA10 2JZ

### Yoga for all

Starts: Monday 6th August 9.30am-11am (4 weeks)

Unwind and improve your health and wellbeing by learning gentle Yoga exercises and relaxation. No experience needed, wear comfortable footwear.

Cost: Free

Venue: United Reformed Church,  
King Street  
St Helens  
WA10 2JZ

### Wellbeing Booster

Starts: Tuesday 21st August 2.30pm-4pm (4 weeks)

This course offers a taste of four of our most popular courses. To give participants a boost to their wellbeing.

Cost: Free

Venue: United Reformed Church,  
King Street  
St Helens  
WA10 2JZ

### Mindfulness

Starts: Monday 3rd September 2.30pm-4pm (4 weeks)

Discover the power of Mindfulness to boost your wellbeing, reduce stress and reconnect with your life through your senses and breathe.

Cost: Free

Venue: Newton Community centre,  
Park Road South  
St Helens  
WA12 8EX

### Sleep and Relax

Starts: Wednesday 5th Sept 9.30am-11am (4 weeks)

Learn techniques and top tips to get a better night's sleep and how to relax more using breathing techniques, mindfulness and meditation.

Cost: Free

Venue: Park Farm AYCP centre,  
54 Kentmere Avenue  
St Helens  
WA11 7PG

#### To book:

Call: 01928 589799

Email: [info@wellbeingenterprises.org.uk](mailto:info@wellbeingenterprises.org.uk)

Online: [www.wellbeingenterprises.org.uk](http://www.wellbeingenterprises.org.uk)

## Sleep and Relax (exclusive to St Helens Carers centre)

Starts: Monday 10th September 9.30am-11am (4 weeks)

Cost: Free

Learn techniques and top tips to get a better night's sleep and how to relax more using breathing techniques, mindfulness and meditation.

Venue: St Helens Carers centre,  
Fishwick House, 18 Cotham street  
St Helens  
WA10 1SJ

## Stress Less

Starts: Tuesday 18th September 2.30pm-4pm (4 weeks)

Cost: Free

Engage in discussion based learning to recognise the signs & symptoms of stress. Understand what stress is and how to manage it in an effective way.

Venue: United Reformed Church,  
King Street  
St Helens  
WA10 2JZ

## Living Life to the Full (exclusive to CGL)

Starts: Wednesday 3rd October 10.30am-12pm (8 weeks)

Cost: Free

Top tips on how to tackle everyday problems; improve your confidence and mood. Learn new skills on how to increase motivation and feel great again.

Venue: CGL, Lincoln House,  
80 Corporation street,  
St Helens  
WA10 1SX

## Drumming up confidence

Starts: Wednesday 10th October 2pm-4pm (4 weeks)

Cost: Free

Have Fun with others on this unique course of drumming, no previous experience needed. Build confidence and boost your sense of wellbeing.

Venue: Newton Community centre,  
Park Road South  
St Helens  
WA12 8EX

## Emotional Awareness

Starts: Wednesday 7th Nov 2.30pm-4pm (4 weeks)

Cost: Free

Explore where feelings and thoughts come from, gain tips and techniques on how to connect to others and overcome difficult relationships.

Venue: United Reformed Church,  
King Street  
St Helens  
WA10 2JZ

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# Programme of Activities St. Helens (Aug - Nov 2018)

## Wellbeing Network

Starts: Monday 5th November 9.30am-11am (4 weeks)

Cost: Free

Learn how to help others in St Helens improve their wellbeing. Become a wellbeing champion and ambassador, have fun and meet new people.

Venue: United Reformed Church,  
King Street  
St Helens  
WA10 2JZ

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