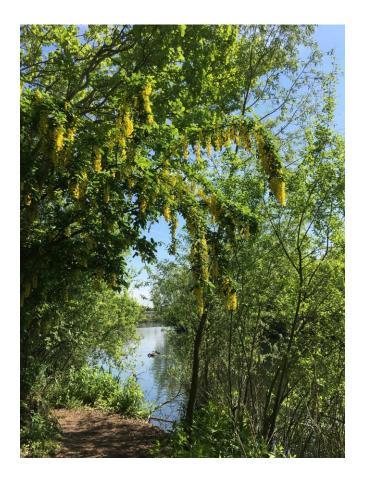


WELLBEING COURSE

Improve your mental and physical health, and wellbeing, to help you feel more positive and able to get the most out of life.



Day: Mondays

Dates: 27 Sep - 25 Oct 2021

Times: 10:00 – 12:00

Location: South Oxford Community

Centre

What you will learn:

- Building confidence and connections with others
- How to eat well
- Ideas for keeping fit and active
- Volunteering/helping others opportunities
- Lifelong learning options
- Introduction to mindfulness

Pre-enrolment/sign up session: Tuesday 21st

September at Community Café or enrol on first day of course

For further information or to book onto the course contact:

Sarah Korting; Community Centre Outreach Worker at South Oxford Community Centre

Email: outreach@southoxford.org

Contact number: 01865242666