

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

Pre-enrolment/sign up session: Tuesday 21st September at Community Café or enrol on first day of course

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

For further information or to book onto the course contact:

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

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