



Healthy Hopes

All OUR SESSIONS ARE FREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>HEALTH AND WELLBEING SESSION 10-11.30AM MASONIC HALL, GORDON STREET, WORKINGTON</p>	<p>MARYPORT DROP-IN 10AM.-12:00PM SIGNPOST, CURZON STREET MARYPORT</p>	<p>HEALTH AND WELLBEING SESSION 10-11.30AM NEW LIFE CHURCH, WHITEHAVEN</p>	
	<p>WIGTON 'DROP IN' 12:30-2.30PM WIGTON METHODIST CHURCH</p>	<p>HEALTH AND WELLBEING SESSION 12:30- 2:30 PM BRANSTY IVY CLUB, ROYAL BRITISH LEGION.</p>	<p>WORKINGTON 'DROP IN' 12:30-2:30 PM MASONIC HALL, GORDON STREET, WORKINGTON</p>	
	<p>HEALTH AND WELLBEING SESSION 10-11:30 AM DENTON HOLME COMMUNITY CENTRE, CARLISLE</p>			

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EVERYONE IS WELCOME

HEALTH AND WELLBEING SESSION- Each week a different wellbeing topic is discussed. Sessions range from stress awareness, coping strategies, self-esteem and confidence building, goal setting, relaxation, anxiety, mindfulness, etc.

WORKINGTON, WIGTON, MARYPORT DROP-IN – This is within a relaxed environment where individuals come along for a cuppa and a chat on a weekly basis. These groups are led by the attendees and we often do a fun quiz or activity.

