



THE WELLBEING COURSE

RELAX • EAT • MOVE • SLEEP • CONNECT

The Wellbeing Course January 2024 is for you

A science-based course covering topics that work to increase wellbeing, health and happiness

A light-hearted mix of video, practical, discussion

WEDNESDAY NIGHTS
6 SESSIONS 3 JAN – 7 FEB
7.30 - 9.00PM

TRY IT OUT – JUST COME ALONG
TASTER SESSION 6 DEC 7.30PM

AT ST ALBAN'S CHURCH
SOUTH PARADE, W4 5LG

RUN BY DR KATY WILLIS, NHS GP

FREE • FUN

RELAX • DE-STRESS

HEALTHY EATING • MANAGE
YOUR WEIGHT

GET MOVING • BOOST YOUR
IMMUNE SYSTEM

SLEEP WELL

CONNECT • MEET NEW PEOPLE

Sign up on Eventbrite for free:

<https://bit.ly/thewellbeingcourse2024>

No computer? Book here: 020 8995 7381

