

Managing Our Emotions Webinar

Tuesday 18th April 7:00 - 8:00pm

Learn top tips to keep a cool head during challenging times.

Join us online via Zoom:
Register on our website:
www.wellbeingenterprises.org.uk/whats-on/
T: 01928 589 799

Building Your Confidence Webinar

Wednesday 3rd May 7:00 - 8:00pm

Learn top tips for building your confidence and feeling good about yourself and others.

Join us online via Zoom -
Register on our website:
www.wellbeingenterprises.org.uk/whats-on/
T: 01928 589 799

Catalyst Museum Experience

Thursday 25th May 10:00 - 1:30pm

An interactive, fully guided experience. You'll learn interesting facts about science and local heritage. Finish the day off with a soap making class.

Venue: Mersey Road,
Widnes, WA8 0DF
Register on our website:
www.wellbeingenterprises.org.uk/whats-on/
T: 01928 589 799

How to Fix Almost Anything Webinar

Thursday 8th June 7:00 - 8:00pm

Learn problem solving and goal setting techniques to achieve your wellbeing goals.

Join us online via Zoom:
Register on our website:
www.wellbeingenterprises.org.uk/whats-on/
T: 01928 589 799

Wellbeing Walk - Phoenix Park

Tuesday 20th June 1:30 - 2:30pm

This park is part of the Mersey Forest and holds the coveted Green Flag award. The lovely open spaces are home to a range of wildlife. Perfect for a wellbeing walk.

Meeting Point: Chi Community Cafe,
Phoenix Park, Castlefields, Runcorn, WA7 2LW
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T: 01928 589 799

To book:

Call: 01928 589799

Email: info@wellbeingenterprises.org.uk

Online: www.wellbeingenterprises.org.uk