Programme of Activities
for 10-18s, July - Aug 2020

Food and Your Mood
Thursday 23rd July 4.30pm - 5.30pm (4 weeks)
Learn how food & dietary habits can improve your mood. Discover how to incorporate these into a balanced diet for maximum benefit.

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

Let’s get Quizzical
Wednesday 29th July 5.00pm - 6.00pm (1 week)
Test your knowledge with our online quiz via Zoom. There’ll be lots of different rounds including pictures & music rounds; plus prize for the winner!

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

Living Life To The Full
Wednesday 19th August 4.30pm - 5.30pm (6 weeks)
Top tips on how to tackle everyday problems; improve your confidence and mood. Learn new skills on how to increase motivation and feel great again.

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

Yoga
Saturday 15th August 12.00pm-1.00pm (4 weeks)
Unwind and improve your health and wellbeing by learning gentle yoga exercises and relaxation all through Zoom. No experience needed.

Join us online via Zoom - Register on our webpage:
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Young Wellbeing Network
Every first Wednesday of the month
This group aims to provide ongoing support, training and opportunities for Young Wellbeing Champions. Get in touch if you’re interested in getting involved.

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

To book:
Call: 01928 589799
Email: info@wellbeingenterprises.org.uk
Online: www.wellbeingenterprises.org.uk