



### Winter Wellbeing Club with Kate Peel

Classes offered Sunday 11.00am or Thursday 7.30pm.

First classes Sun 17 Jan or Thurs 21 Jan and will be weekly.

Initially 8 classes - available as drop in to single class or option to book full course.

Free initial introduction | Single class: £10 | Full course of 8 classes: £75

(Classes booked on a first come first served basis, as max 10 attendees per class).

Class Dates & Times	Topic	Price	
Sun 17 Jan, 11.00am Thurs 21 Jan, 7.30pm	Introductory Winter Wellbeing Club Class	Free	
Sun 24 Jan, 11.00am Thurs 28 Jan, 7.30pm	Mindfulness <i>The power of meditation</i>	£10	
Sun 31 Jan, 11.00am* Thurs 4 Feb, 7.30pm (* May change to Sat 30)	Sleep <i>Importance of sleep. Improving sleep quality</i>	£10	
Sun 7 Feb, 11.00am Thurs 11 Feb, 7.30pm	Gratitude (& Giving Back) <i>Appreciating what is present. Purpose, values, contributing &amp; community</i>	£10	
Sun 14 Feb, 11.00am Thurs 18 Feb, 7.30pm	Resilience <i>Coping, adapting, surviving &amp; thriving</i>	£10	
Sun 21 Feb, 11.00am Thurs 25 Feb, 7.30pm	Eating Well & Staying Active <i>Food, nutrition &amp; activity</i>	£10	
Sun 28 Feb, 11.00am Thurs 4 Mar, 7.30pm	Rest & Relaxation <i>Being not Doing, Relax &amp; Restore</i>	£10	
Sun 7 Mar, 11.00am Thurs 11 Mar, 7.30pm	Self- Care & Connection <i>Compassion &amp; Community</i>	£10	
Sun 14 Mar, 11.00am Thurs 18 Mar, 7.30pm	Stress & Anxiety <i>Understanding Stress &amp; Anxiety. Stress Busting Tips &amp; More</i>	£10	
POSSIBLE	ADDITIONAL	CLASSES	MAY FOLLOW
<i>To be confirmed</i> Sun 21 Mar, 11.00am Thurs 25 Mar, 7.30pm	Learning & Creativity	£10	
<i>To be confirmed</i> Sun 28 Mar, 11.00am Thurs 1 Apr, 7.30pm	Happiness	£10	

8 classes for £75