



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.
Free introductory class, then £10 a session**

Life this winter is ever more challenging. It may feel very hard to nurture our own health and happiness, Kate has spent her career working in the health arena. As a Mindfulness Coach and Instructor in Mental Health First Aid she's passionate to help herself and others find balance and meaning, alongside connection and hope.

This series of classes that help you

- Understand the pillars of wellbeing
- Make positive choices to improve resilience and mental health.
- Use signposting and tools to build your happiness and health.

And, following a set of classes attendees can continue regular meetings as classes transition to a support group. Wellbeing club members can help attendees keep on track with behaviour choices, whilst sharing 'wellness' tips, ideas and know-how.

It should prove a great way to maintain connection and improve wellbeing.

Topics will include **Resilience, Gratitude, Mindfulness, Sleep, Activity, Rest and Stress**

Classes are **via Zoom** and offer the chance to connect with others - with a check-in to start and a virtual chat afterwards. Join Kate for this informative, practical and nurturing club that aims to equip you through the pandemic and beyond. We promise fun along the way! The club is suitable for all ages. Kate's varied approach and experience ensures inclusivity.

Information and Booking: (max 10 per class).

Email Kate Peel at peelkatharine@gmail.com for more information or to find out how to join / register your place. Kate is happy to provide advice/handouts and can help advise re zoom.

