

Wellbeing in mind

**FREE 6 week courses
for Wokingham
borough residents**

Are you a 19+ Wokingham borough resident, feeling stressed, worried or low, and would like to improve your wellbeing? Join a FREE Wellbeing course with Bracknell & Wokingham College!

Refocus with Digital Photography

Day/Time: Tuesday 19:00-21:00 **Dates:** 16/01/18-27/02/18

Location: Woodley Hill House, Earley

Yoga for Wellbeing

Day/Time: Monday 19:00-21:00 **Dates:** 22/01/18-05/03/18

Location: Waingels Adult Centre, Woodley

Stress Management

Day/Time: Tuesday 19:00-21:00 **Dates:** 23/01/18-06/03/18

Location: Woodley Hill House, Earley

Relax with Indian Head Massage

Day/Time: Wednesday 18:30-20:30 **Dates:** 18/04/18-23/05/18

Location: Waingels Adult Centre, Woodley

Anxiety Control

Day/Time: Tuesday 18:30-20:30 **Dates:** 17/04/18-22/05/18

Location: Woodley Hill House, Earley

Yoga for Wellbeing

Day/Time: Monday 19:00-21:00 **Dates:** TBC (April-May 2018)

Location: Wokingham/Woodley - venue TBC

To find out if you are eligible for a FREE course, email charlotte.pyle@bracknell.ac.uk or call 01344 766654