



Healthy Hopes April 2024

ALL OUR SESSIONS ARE FREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>HEALTH AND WELLBEING SESSION 10AM-11:30 AM MASONIC HALL, GORDON ST, WORKINGTON</p>	<p>MARYPORT DROP-IN 10.00-12:00 PM SIGNPOST, CURZON STREET MARYPORT</p>	<p>HEALTH AND WELLBEING SESSION 10-11.30AM NEW LIFE CHURCH, WHITEHAVEN</p>	
	<p>HEALTH AND WELLBEING SESSION (From 18th June) 10:00-11.30 AM DENTON HOLME COMMUNITY CENTRE, MORLEY STREET, CARLISLE</p>	<p>WHITEHAVEN 'DROP IN' 10.30-12.00 PM SENHOUSE CENTRE, WHITEHAVEN</p>	<p>HEALTH AND WELLBEING SESSION 1-2.30 PM SIGNPOST, CURZON STREET, MARYPORT</p>	
	<p>WIGTON 'DROP IN' 12:30-2.30 PM METHODIST CHURCH</p>	<p>HEALTH AND WELLBEING SESSION 12.30 - 2.30 PM BRANSTY COMMUNITY CENTRE, WHITEHAVEN</p>	<p>WORKINGTON 'DROP IN' 12.00 - 2.00 PM MASONIC HALL, GORDON STREET, WORKINGTON</p>	

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EVERYONE IS WELCOME

HEALTH AND WELLBEING SESSION- Each week a different wellbeing topic is discussed. Sessions range from stress awareness, coping strategies, self-esteem and confidence building, goal setting, relaxation, anxiety, mindfulness, etc.

WHITEHAVEN, WORKINGTON, WIGTON, MARYPORT DROP-IN – This is within a relaxed environment where individuals come along for a cuppa and a chat on a weekly basis.