



## Healthy Hopes October 2024

All our sessions are free

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

[admin@healthyhopes.co.uk](mailto:admin@healthyhopes.co.uk)

[www.healthyhopes.co.uk](http://www.healthyhopes.co.uk)

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.