



## Healthy Hopes

All OUR SESSIONS ARE FREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>HEALTH AND WELLBEING SESSION</b>            10-11.30AM MASONIC HALL,            GORDON STREET,            WORKINGTON</p>	<p><b>MARYPORT DROP-IN</b>            10AM.-12:00PM            SIGNPOST, CURZON STREET            MARYPORT</p>	<p><b>HEALTH AND WELLBEING SESSION</b>            10-11.30AM NEW LIFE CHURCH,            WHITEHAVEN</p>	
	<p><b>WIGTON 'DROP IN'</b>            12:30-2.30PM            WIGTON METHODIST            CHURCH</p>	<p><b>HEALTH AND WELLBEING SESSION</b>            12:30- 2:30 PM BRANSTY IVY            CLUB, ROYAL BRITISH            LEGION.</p>	<p><b>HEALTH AND WELLBEING SESSION</b>            1-2.30 PM SIGNPOST, CURZON            STREET, MARYPORT</p>	
	<p><b>HEALTH AND WELLBEING SESSION</b>            10-11:30 AM DENTON            HOLME COMMUNITY            CENTRE, CARLISLE</p>		<p><b>WORKINGTON 'DROP IN'</b>            12:30-2:30 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.

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. These groups are led by the attendees and we often do a fun quiz or activity.