

## Webinar: Creating a Healthy Mindset

Thursday 23rd January 2:00pm - 3:00pm

Learn how to identify unhelpful thinking patterns and how to overcome these to boost your wellbeing.

Join us online via Zoom -  
Register on our webpage :  
[www.wellbeingenterprises.org.uk/whats-on/](http://www.wellbeingenterprises.org.uk/whats-on/)

T: 01928 589 799

## Wellbeing Walk: Victoria Park

Tuesday 28th January 11:00am - 12:30pm

Come and join our friendly walking group and discover the joys of Victoria Park. The perfect walk to boost your wellbeing.

Meeting Point: The Band Stand  
Victoria Park  
WA8 4PF

T: 01928 589 799

## Active Travel Event: Fresh Start February

Thursday 13th February 12:30pm - 3:00pm

Embrace a Fresh Start in February at our free active travel event! Learn about the benefits of active travel, create a personalised travel plan & bag yourself lots of free active travel goodies. Plus, you can win a new bike.

Grangeway Community Centre  
Runcorn  
WA7 5HA

T: 01928 589 799

## Guided Relaxation

Wednesday 19th February 11:30am - 1:00pm

Join us for a relaxing session to calm your mind and body. You'll feel peaceful and at ease, with gentle yoga movements to help you unwind.

Castlefields Community Centre  
Village Square  
WA7 2ST

T: 01928 589 799

## Brushes and Brews

Thursday 27th February 1:00pm - 2:30pm

Come for a cuppa and try your hand at painting. No matter your skills, everyone is welcome. Grab a brush and let your creativity flow.

Upton Community Centre  
Hough Green Road  
WA8 4PF

T: 01928 589 799

### To book:

Call: 01928 589799

Email: [info@wellbeingenterprises.org.uk](mailto:info@wellbeingenterprises.org.uk)

Online: [www.wellbeingenterprises.org.uk](http://www.wellbeingenterprises.org.uk)

## Become a Halton Community Wellbeing Champion

Tuesday 4th March 10:00am - 11:30am

Would you like to make a difference in your community? Learn top tips to improve your own and others wellbeing by becoming a Halton Community Wellbeing Champion.

Upton Community Centre  
Hough Green Road  
WA8 4PF

T: 01928 589 799

## Webinar: Breaking the Vicious Cycle

Monday 10th March 2:00pm - 3:00pm

Discover how to overcome the vicious cycle that can impact on your thoughts, feelings, and behaviours. Learn how to break the cycle to improve your wellbeing.

Join us online via Zoom  
Register on our website  
[www.wellbeingenterprises.org.uk/whats-on](http://www.wellbeingenterprises.org.uk/whats-on)

T: 01928 589 799

## Drama Fun for Everyone!

Thursday 13th March 1:30pm - 3:30pm

Come along for a fun, relaxed session of drama games and challenges. Try something new, get creative, and meet others in a friendly welcoming space. Everyone's welcome!

Grangeway Community Centre  
Runcorn  
WA7 5HA

T: 01928 589 799

## Wellbeing Walk: Runcorn Hill Park

Tuesday 18th March 11:00am - 12:30pm

Come and join our friendly walking group and discover the joys of Runcorn Hill Park. The perfect way to boost your wellbeing.

Meeting Point: Esposito's Deli  
81 Highlands Road  
WA7 4PT

T: 01928 589 799

## Yoga for All

Wednesday 26th March 11:30am - 1:00pm

Always wanted to try yoga? Join our free Yoga for All session! Whether you're a beginner or just looking to relax, everyone is welcome to stretch and unwind together.

Upton Community Centre  
Hough Green Road  
WA8 4PF

T: 01928 589 799

### To book:

Call: 01928 589799

Email: [info@wellbeingenterprises.org.uk](mailto:info@wellbeingenterprises.org.uk)

Online: [www.wellbeingenterprises.org.uk](http://www.wellbeingenterprises.org.uk)