

GRACE CHOCOLATES

CHANGING LIVES

Health And Wellbeing Sessions

Join us for transformative health and wellbeing sessions this April! Our Health & Wellbeing Programme has a new block of online sessions starting on the 30th of April.

SESSION

1

TUESDAY 30TH APRIL
12.30-2PM: AN
INTRODUCTION TO
HEALTH & WELLBEING

SESSION

2

THURSDAY 2ND MAY
10.30AM-12PM:
DEVELOPING A MINDFUL
ATTITUDE

SESSION

3

TUESDAY 7TH MAY 12.30-
2PM: EXPLORING STRESS

SESSION

4

THURSDAY 9TH MAY
10.30AM-12PM: REACHING
FOR A BETTER FUTURE

- Increase your knowledge of what health and wellbeing is, and feel more confident in navigating your own pathways toward improved health and wellbeing.
- Feel more confident and empowered in your own health and wellbeing journey, and be able to apply knowledge and new strategies.
- Learn how to be better equipped to navigate loneliness and isolation and understand what community is for you.
- This programme is designed so that any session can be attended on a stand-alone basis, but the most benefit will be gained from attending all four.

Contact us at:
susie@gracechocolates.co.uk
or call 07309 719209 to make
a referral.

