

# Creating Wellbeing

**People of Gorebridge...Come along and get involved From 7/2/18**

*A 4 weekly cycle of activities aimed at improving your wellbeing and encouraging positivity.*

Every Wednesday The Craft group will be followed by an optional, additional wellbeing activity.

## **Week 1 –**

1-3.30pm Craft afternoon/  
coffee/chat/information sharing

## **Week 2 –**

Crafts 1-2..Coffee Break,  
2.15-3.30pm Positivity/Resilience-  
Improving your wellbeing and life balance.

## **Week 3 –**

Crafts 1-2pm...Coffee break  
2.15-3.30pm pm- Gardening /Horticulture  
Enjoy the benefits of Nature and the sense  
of wellbeing it offers.

## **Week 4.-**

Crafts 1-2pm...Coffee break  
2.15-3.30pm Relaxation/Information sharing

Old Bank building-Main St, Gorebridge

