



Free Wellbeing Course for Women

A free six-week course for a happier and more relaxed you.

Starting for six weekly sessions from Wednesday 21st February
2024 Astrea Academy Woodfields at 1.30- 2:45 pm

Join us to explore;

- **Emotional Self-care** – Emotional self-care allows us to take to take time for the benefit of our health and well-being.
- **Thinking about putting your own needs first** - building your resilience.
- **Being more assertive and setting boundaries** – so that you can communicate better and more effectively at home and work.
- **Stress and relaxation techniques** – learning new skills for a more relaxed you.
- **Build resilience and recover from trauma** – To move forward in your life.

Come and join us for these relaxed, friendly and supportive sessions!