

# Wellbeing Workshops

Altrincham Hub, Community Centre,  
Pownall Road, Altrincham, WA14 2SZ

Friday 5th January  
**5 Ways 2 WellBeing**

Learn how to apply the  
5W2WB to your life.

Friday 2nd February  
**Break the Habit: Smoking**

Understand various ways to  
help you quit.

Friday 1st March  
**Sleep**

Find out various tips to  
improve your quality of sleep.

Friday 5th April  
**Healthy Eating**

Learn about the impacts of  
food on your wellbeing

Friday 3rd May  
**Stress & Relaxation**

Gain a greater understanding of  
stress & its management

Friday 7th June  
**Confidence in Communication**

Find out how to be more  
confident in communication

Friday 5th July  
**Mindfulness**

Become more mindful in your  
daily life.

Friday 2nd August  
**Physical Activity**

Discover various ways to  
become physically more active

Each workshop is 12.30pm to 3pm  
Light Meal included  
Scan the QR code or visit venue to register



[www.bmswellbeing.com](http://www.bmswellbeing.com)  
07853629771

