



Health and Wellbeing

Community Wellbeing Project

- Mindfulness
- Meditation
- Healthy Lifestyles
- Confidence Building
- Healthy Eating
- Being connected



Join us on a programme of **FREE** * 'wellbeing workshops'

The Community Wellbeing Project will offer a series of 'wellbeing workshops', allowing you to choose sessions to build your own programme of support.

This programme is aimed at residents of Central Bedfordshire and Luton, with a focus on carers, people with long-term illness or health conditions, physical disabilities, or those experiencing mental health difficulties.

For more information call our health, learning and work team on 01582 470900 or email hlw@drcbeds.org.uk



European Union

European
Social Fund



Skills Funding
Agency



Call: 01582 470900

Website: www.drcbeds.org.uk

Email: hlw@drcbeds.org.uk

Poynters House, Poynters Rd, Dunstable, LU5 4TP

Registered Charity No 1041712

Our Patron: The Duke of Bedford





Wellbeing is the state of being comfortable, healthy, and happy with many elements that affect how well we feel.

The Community Wellbeing Project aims to support your physical, social, and emotional state to provide a tailored package of learning. It will develop your skills and techniques to aid wellbeing, support change, help you to manage your health condition and improve self-esteem. Once learned, these skills can be applied at any time.

Group workshops include:

- Meditation
- Mindfulness
- Relaxation techniques
- Healthy Eating
- Staying Connected
- Stress Management
- Confidence Building

One-to-one support is available along the way to help you plan your next steps.

For more information or to book a place call our Health, Learning and Work team on 01582 470900 or email hlw@drcbeds.org.uk

* FREE sessions are subject to eligibility

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