

Online Course Timetable

DECEMBER 2020 - PLEASE NOTE THAT THE LAST COURSE IN 2020 WILL BE FRIDAY 18TH DECEMBER

Course	Date	Time
Creative Cards For Christmas	Tues 1st	11.00am - 12.00pm
Wellness Toolbox	Wed 2nd	2.30pm - 2.30pm
Coping With Christmas	Thurs 3rd	10.30am - 11.30am
Mindfulness (Week 2)	Fri 4th	11.00am - 12.00pm
Elevenes Coffee Morning Finding Joy Through Gratitude	Mon 7th	11.00am 2.00pm - 2.30pm
Coping With Change	Tues 8th	10.30am - 11.00am
Top Tips For Anxiety	Wed 9th	10.30am - 11.30am
Christmas Wellness Toolbox Caring For You At Christmas	Thurs 10th	12.00pm - 12.30pm 7.00pm - 7.30pm
Mindfulness (Week 3)	Fri 11th	11.00am - 12.00pm
Elevenes Coffee Morning Managing Set Backs	Mon 14th	11.00am 2.00pm - 2.30pm
Steps To Appiness	Tues 15th	12.00pm - 12.30pm
Top Tips For Motivation	Wed 16th	10.30am - 11.00am
Men's Health	Thurs 17th	11.00am - 12.00pm
Mindfulness (Week 4)	Fri 18th	11.00am - 12.00pm

Interested in a course? Get in touch and register today:

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Courses Delivered Via **zoom**