

Online Course Timetable

JANUARY 2021

Courses Delivered Via **zoom**

Course	Date	Time
Elevenes Coffee Morning Top Tips For Anxiety	Mon 11th	11.00am 12.30pm - 1.00pm
Living Beyond Depression	Tues 12th	2.30pm - 3.00pm
Practising Self-Care	Wed 13th	10.30am - 11.00am
Physical Activity For Wellbeing	Thurs 14th	11.00am - 11.30am
Mindfulness	Fri 15th	11.00am - 11.30am
Elevenes Coffee Morning Recognising & Strengthening Your Resilience	Mon 18th	11.00am 2.30pm - 3.00pm
Managing Setbacks	Tues 19th	12.30pm - 1.00pm
Top Tips For Motivation	Wed 20th	10.30am - 11.30am
My Wellness Toolbox	Thurs 21st	2.30pm - 3.00pm
Men's Health	Fri 22nd	11.00am - 11.30am
Elevenes Coffee Morning Learning To Like Yourself	Mon 25th	11.00am 12.30pm - 1.00pm
Life In Lockdown	Tues 26th	7.00pm - 7.30pm
Anxiety (Week 1 of 2)	Wed 27th	10.30am - 11.30am
Trauma & Healing	Thurs 28th	11.00am - 12.00pm
Mindfulness	Fri 29th	11.00am - 11.30am

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



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