

5 Ways to Wellbeing

5 Week Course

Starting February

@ Warrington Day Service



Connect



Be Active



Give



Keep Learning



Take Notice


making
space


making
space

Join us to learn about the five ways to
and how they can help you to help yourself
to a healthier, happier life.

Call or email to register your interest:

Telephone: 01925246888

Email: warrington.dayservice@makingspace.co.uk