



## Learn to look after your mind with a short course at Making Space Day Service, delivered by Warrington & Vale Royal College.

These short courses will be taught by one of Warrington & Vale Royal College's expert tutors and equip you with the tools to look after your wellbeing.

### Managing Anxiety

Learn about anxiety, what it is and how to manage the condition.

 Wednesday 10<sup>th</sup> January & Wednesday 17<sup>th</sup> January, 1.00pm - 3.00pm

 Making Space, Warrington

### Introduction to Mindfulness

Learn about mindfulness, what it is and how it helps your overall wellbeing.

 Wednesday 24<sup>th</sup> January & Wednesday 31<sup>st</sup> January, 1.00pm - 3.00pm

 Making Space, Warrington

Sign up today by contacting Stephanie:

 [warrington.dayservice@makingspace.co.uk](mailto:warrington.dayservice@makingspace.co.uk)

 01925 652 204



**Warrington  
& Vale Royal  
College**



**Health  
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Academy**