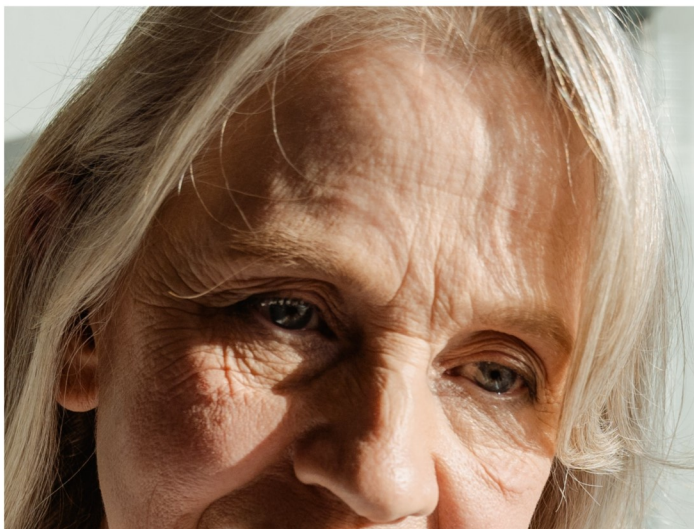




The well woman workshops are part of the work of The (Kempston) Net Charitable Trust. (Charity No: 1100776)

If you would like to give towards our work you can do so online at: [give.net](https://www.give.net)
The Kempston Net Charitable Trust
(1100776)



ALL SESSIONS ARE HELD AT
PROJECT 229
229 BEDFORD ROAD
KEMPSTON
MK42 8DA

**Taking bookings
for the next course
NOW**

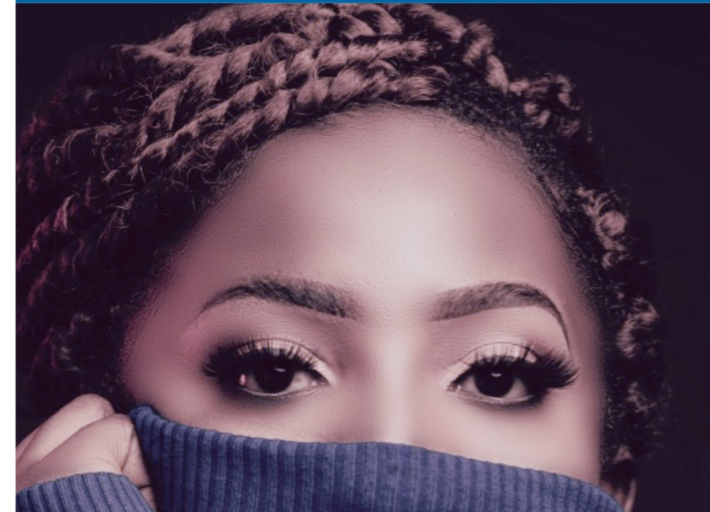
For further information
contact:
Heather Solesbury
07941 401140
heather.solesbury
@graceinthecommunity.com

Places on all these courses are limited
and each course must be booked in
advance.

**WELL
WOMAN
WORKSHOP**

2022

“A journey of a thousand miles begins with a single step”



The Well Woman Workshop

has been running at Project 229 since 2006 and hundreds of women have benefitted from attending this course.

6 WEEK COURSE OUTLINE

1

OVERVIEW

Small changes in our life can make a considerable difference. How is your life balanced at present? What would you most like to change in the next six to twelve months?

2

SOCIAL WELLBEING

How do we build friendships and feel connected to our community? What happens when we feel isolated and have to start over again?

3

PHYSICAL HEALTH

How do we maintain and improve our physical health? What takes us from knowing what we should be doing to actually doing something towards a healthier lifestyle.

4

EMOTIONAL WELLBEING

How do we manage and process what we "feel" in the ups and downs of our lives?

5

SPIRITUAL WELLBEING

How do our belief's and convictions affect the way we see and interpret things around us and the changes we face?

6

WHERE DO I GO FROM HERE?

What options do I have? All participants are offered an opportunity to meet with a careers advisor if they would like to do so.

Places on all these courses are limited and each course must be booked in advance.

WELL WOMAN WORKSHOP

COURSE DATES FOR 2022



TUES 19th APRIL

DAYTIME COURSES: 10am-12pm

TUESDAYS,

⇒ **Starting APRIL 19th** for 6 weeks @ Project 229

TUESDAY EVENING COURSE: 7.15—9.15pm

If there is a demand we may also run a Tuesday afternoon course 1-3pm. ALL courses will be face to face in the summer term.

TUESDAYS

THE FOLLOW ON COURSE (optional 4 weeks)

Looking at Self assessment, Boundaries,, Assertiveness, maintaining our closest relationships, 'Let's stick together' and Building resili-

All follow on courses will be continued on Tues mornings and Tuesday evenings.

This year's courses have been funded by:
private Charitable giving and Grace Community Church