

Free wellbeing workshops

for residents of Portishead



Over the next 18 months residents in Portishead will be able to attend a series of workshops to support their wellbeing needs.

THESE WORKSHOPS WILL COVER:

- 2023 **20th Sep** **Managing anxiety in children and young people**
- 18th Oct** **Menopause**
- 15th Nov** **Developing a healthy relationship with food**
- 2024 **17th Jan** **Living with chronic pain**
- 7th Feb** **Diabetes management**
- 20th Mar** **Dementia and falls prevention**
- 17th Apr** **End of life conversations**

TAKING PLACE AT:

The Folk Hall, 95 High St, Portishead
BS20 6PR

FROM:

19:00-20:30

- This series of workshops will be repeated (from April - October 2024)
- There will be an opportunity for questions at the end of each session
- Refreshments will be provided
- The venue is fully accessible and parking is available

**TO BOOK YOUR PLACE, EMAIL: WELLBEING@PORTISHEAD.GOV.UK
OR CALL: 01275 847 078**



To keep up to date with future events organised by Portishead Town Council, visit our:

website: www.portishead.gov.uk/wellbeing

facebook: www.facebook.com/portisheadtc

instagram: @portishead_town_council



Woodspring
Locality Partnership