



Live Well Wakefield

Virtual Self Management Workshops

Coping with Pain Parts 1 & 2, 15 & 22 July 2020 14:00-15:00

Feeling Positive Busting Stress, 17 July 2020 11:00-12:30

Boosting Self Confidence, 24 July 2020 11:00-12:30

Coming out of Lockdown, 28 July 2020 14:00-15:30

Feeling Positive Busting Stress, 10 August 2020, 11:00-12:30

Coping with Life through Relaxation, 11 August 2020 14:00-15:30

Coming out of Lockdown, 14 August 2020 11:00-12:30

Boosting Self Confidence, 21 August 11:00-12:30

All our workshops are free and provided by your local NHS. Access to the workshop is via Microsoft Teams

For more information contact Live Well Wakefield on 01924 255363, or email Paul.Boyd@swyt.nhs.uk

