



# Community Learning Health & Wellbeing

*Free Course - (but contributions welcome!)*

## Yoga for everyone and an Introduction to Positive Wellbeing

### Practical Workshops including:

Yoga for Everyone, Positive Wellbeing, Health, Pain Management, Healthy Eating, Lifestyle, Nutrition, Exercise & Fitness, Connecting with Local organisations and support groups

**5 Week Course - Total of 10 sessions**

**Wednesdays 9.30am to 12.30pm; Fridays 1.30pm –4.30pm**

## Contact us today!

For further information please telephone or email Queen:

Email: [queen@adult-training.org.uk](mailto:queen@adult-training.org.uk)

Mobile: 07908115281

Telephone: 01462 708686

Or visit us: ATN Stevenage, Oval Community Centre, Vardon Road, Stevenage  
SG1 5RD