

# MY WELLBEING JOURNEY: 6 WEEK COURSE

Guiding you through a journey of learning how to best look after your body and mind for a **Healthier, Happier You.**



Exploring the importance of movement and exercise, healthy eating, restful sleep, and much more during our free 6 week course. The course also includes a health check and will support you to set achievable wellbeing goals.

**Monday 14th October - 18th November**  
**1.30pm - 3.30pm**



**Glusburn Institute Community  
& Arts Centre, BD20 8FQ**

Booking is essential, to secure your place please contact  
Glusburn Institute Community & Arts Centre by phoning  
**01535 630223** or email **[info@gicac.org.uk](mailto:info@gicac.org.uk)**

