



SPRING INTO WELLBEING

Join us for free online sessions and short courses in our Spring Wellbeing campaign, designed to enhance your health and wellbeing as we head into spring.

The sessions and short courses offer you the chance to focus on mind and body via mindfulness and yoga, kickstart your cognitive abilities through language tasters, or explore your creative side. You'll have support and guidance throughout from expert tutors.

Title	Date	Time	Course code
Italian Taster Learn some basic Italian words and phrases	Thursday 4 March Sunday 14 March	10-11.30am 10-11.30am	HAWHO5520P HAWHO6120P
Evening Flow Yoga Taster Refresh and give yourself a well-deserved stretch after a long working day	Friday 5 March Friday 12 March	4.30-6pm 4.30-6pm	HAWHO5120P HAWHO5620P
Meditation & Relaxation Taster Learn a range of short exercises to support you to switch off	Monday 8 March Wednesday 17 March	10-11am 12-1pm	HAWHO5220P HAWHO6320P
Eureka Mobile Phone Photography Explore some of the ways photography enhances our wellbeing	Tuesday 9 March	6-7pm	HAWHO5320P
Observational Drawing Taster Draw real life objects close-up	Wednesday 10 March Wednesday 17 March	10am-12noon 1-3pm	HAWHO5420P HAWHO7620P
Creative Writing Taster Explore a range of freewriting exercises	Saturday 13 March Thursday 25 March	10.30-12noon 1-2.30pm	HAWHO6020P HAWHO6720P
Mindfulness & Meditation Discover ways to be kinder to yourself throughout the working day to alleviate stress	Saturday 13 March Friday 19 March	11am-12noon 5-6pm	HAWHO5820P HAWHO6520P
Spanish Taster Get a flavour of Spanish and pick up some useful phrases	Saturday 13 March Friday 19 March	1-3pm 9.30-11.30am	HAWHO5920P HAWHO6620P
Morning Flow Yoga Focus mind, body and breath in this pre-work yoga session	Saturday 13 March Thursday 18 March	9-10.30am 8-9am	HAWHO5720P HAWHO6420P

If you enjoyed your taster session, establish a regular wellbeing practice with our 4 week follow on courses

4-week short course	Date	Time	Course code
Meditation & Relaxation	Mondays 12 April - 3 May	10-11am	HAWHO6820P
Spanish	Wednesdays 14 April - 5 May	9-10.30am	HAWHO6920P
Drawing	Wednesdays 14 April - 5 May	10-12noon	HAWHO7020P
Morning Flow Yoga	Thursdays 15 April - 6 May	8-9.30am	HAWHO7120P
Italian	Thursdays 15 April - 6 May	10-12noon	HAWHO7420P
Mindfulness & Meditation	Thursdays 15 April - 6 May	10.30-11.30am	HAWHO7220P
Creative Writing	Thursdays 15 April - 6 May	1.30-3.30pm	HAWHO7320P
Evening Flow Yoga	Fridays 16 April - 7 May	4.30-6pm	HAWHO7520P

To find out more and book your place:
Visit: www.norfolk.gov.uk/springintowellbeing
Email: adultlearning@norfolk.gov.uk
Call 0344 800 8020 (option 5)



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