

# Wellbeing Taster Workshops for Carers

Inspire Learning are running a number of Taster Workshops for Carers  
These are introductory sessions to talk about the content of the course

TO BOOK A PLACE ON A TASTER WORKSHOP

Please contact Nottinghamshire Carers Hub:

**On: 0115 824 8824**

(lines are open Monday to Friday, 9am until 5pm)

Email: [hub@carerstrustem.org](mailto:hub@carerstrustem.org)

## **Eating Well, Eating Smart**

Thursday 2<sup>nd</sup> March, 1.30 - 3.30pm  
Holy Trinity Community Centre, Newark

## **Healthy Mind, Health Body**

Tuesday 4<sup>th</sup> April, 10.30am-12.30pm  
Worksop Library

## **Introduction to Mindfulness**

Thursday 6<sup>th</sup> April, 1.30 - 3.30pm  
Hucknall Library

## **Peace of Mind - Anxiety Management**

Friday 7<sup>th</sup> April, 1.30 - 3.30pm  
West Bridgford Library

If you enjoy the taster session you can join the course – see details below

Course Title	Day	We eks	Start Time	End Time	Start Date	End Date	Venue	Who for?	Fee
Introduction to mindfulness	Tues	4	2pm	4.30pm	25/04/17	16/05/17	<u>Hucknall Library</u>	Adults 19+	Free
Eating Well Eating Smart	Thurs	4	1pm	3.30pm	16/03/17	06/04/17	<u>Newark Community Centre</u>	Adults 19+	Free
Healthy Body Healthy Mind	Tues	4	10am	12.30pm	25/04/17	16/05/17	<u>Worksop Library</u>	Adults 19+	Free
Peace of Mind	Fri	4	1pm	3.30pm	21/04/17	12/05/17	<u>West Bridgford Library</u>	Adults 19+	Free



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