**Broxtowe: Health & Wellbeing courses**

Adult Learning 19+

**Booking Essential**

**\*\*FREE tuition for people on most means tested benefits (proof required at first session)**

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| Balancing the Lower Chakras | 06/05/2022 | 06/05/2022 | 10:30 | 14:30:00 | Friday | Beeston Library |
| 101 Ways to Get Your Child Active | 06/05/2022 | 27/05/2022 | 13:30 | 14:30:00 | Friday | Beeston Library |
| Healthy Eating - Reducing the Risk of Type 2 Diabetes | 09/05/2022 | 23/05/2022 | 10:00 | 12:00:00 | Monday | Beeston Library |
| Balancing the Higher Chakras | 27/05/2022 | 27/05/2022 | 10:30 | 14:30:00 | Friday | Beeston Library |
| Chair Based Yoga | 06/06/2022 | 04/07/2022 | 13:00 | 14:30:00 | Monday | Dora Phillips Hall, Wood Street, Eastwood |
| Yoga and Wellbeing for Beginners | 07/06/2022 | 05/07/2022 | 09:45 | 11:45:00 | Tuesday | Beeston Library |
| Get Fit and Flexible | 09/06/2022 | 14/07/2022 | 13:30 | 15:00:00 | Thursday | Beeston Library |
| Mindset for Success | 17/06/2022 | 17/06/2022 | 10:30 | 14:30:00 | Friday | Eastwood Volunteer Bureau |
| Mindset for Success | 24/06/2022 | 24/06/2022 | 10:30 | 14:30:00 | Friday | Beeston Library |
| History of Holistic Therapies | 15/07/2022 | 15/07/2022 | 10:00 | 15:00:00 | Friday | Eastwood Volunteer Bureau |
| History of Holistic Therapies | 22/07/2022 | 22/07/2022 | 10:00 | 15:00:00 | Friday | Beeston Library |
| Autism - Practical Tips for Parents Part 2 | 08/06/2022 | 13/07/2022 | 18:00 | 20:00 | Wed | Online |