



Live Well Wakefield Online Self Management Workshops Winter 2023

Boosting Self Confidence

Thursday 2 February 2023, 14:00-15:30

Monday 6 March 2023, 11:00-12:30

Feeling Positive, Busting Stress

Tuesday 14 February 2022, 13:30 - 15:00

Monday 13 March 2022, 15:00 - 16:30

Coping with Life through Relaxation

Tuesday 7 March 2023, 11:00-12:30

Coping with Pain (Parts 1 & 2)

Friday 10 February (Part 1) and 17 February 2023 (Part 2)

10:30-11:30 both sessions

Wednesday 08 March (Part 1) and 15 March 2023 (Part 2)

11:00-12:00 both sessions

These online workshops are available to anyone living in the Wakefield district and are delivered using the free application Microsoft Teams. To book on a workshop, or for more information about all our workshops and courses...

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