



ThreeLeaves

We Do Wellbeing

Registered Charity 1160605

For
Wellbeing

For
Volunteer
Training

For
Employment
and Self-
Employment

Need to make a **change** in your life? Need to **get fit**? Do you struggle to **Relax**? Low Self-Esteem? Or want to do something **Great** and get into **Volunteering, Employment** or run your **Own Business**?

***FREE**

Circle Of Resilience
Wellbeing
Programme +



@ThreeLeavesNW



ThreeLeavesSupport

Funded By



LOTTERY FUNDED



Join Now
threeleaves.org



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COR Wellbeing Programme

Wellbeing Workshops

Nutrition Mon 24th July, **My Oak Tree** Mon 25th September,
Mindful Mandalas Mon 23rd October, **Origami** Mon 27th November
1 – 3pm in Fleetwood

Kindfulness Meditation Classes

For calm and self-compassion

Cleveleys, Tues 2.30 – 3.15pm, Blackpool, Tues 7.15 – 8pm

Qi Gong Exercise Classes

For finding physical and mental balance

Cleveleys, Tues 3.15 – 4pm, Blackpool, Tues 8 – 8.45pm

Tai Chi Exercise Classes

For improving physical fitness and mental focus

Cleveleys, Tues 4 – 4.45pm, Blackpool, Tues 8.45 – 9.30pm

Live Happy Classes

Find happiness, live mindful, care for your body, change your life

Cleveleys, Sat 12.30 – 2pm

COR Volunteer Programme

Training & opportunities to do something great & get some skills

COR Employment Programme

Training and Support to help you get back into work, set up your own business or Social Enterprise

**Regenda
Homes**

In partnership with Regenda Homes
to create a Happier Fleetwood

threeleaves.org

* FREE wellbeing support from ThreeLeaves funded by Big Lottery Fund & United Utilities, subject to eligibility.

Wellbeing Programme Fleetwood

Nutrition For Mood & Pain 1 – 3pm Mon 24th July

Learn about and explore how nutrition can help you better manage and improve mood and pain management

My Oak Tree 1 – 3pm Mon 25th September

This workshops will help you to understand how resilient you can be by helping you create your own tree map of things that help you stay well

Get Fit 11am – 1.30pm Tues 26th Sept

A combination of Mindfulness, Qigong and Tai Chi for emotional wellbeing and physical fitness to get you back on track

Mindful Mandalas 1 – 3pm Mon 23rd October

A creative workshop inviting you to explore your creativity and learn how to cope with anxiety and depression through art

Get Fit 11am – 1.30pm Tues 31st Oct

A combination of Mindfulness, Qigong and Tai Chi for emotional wellbeing and physical fitness to get you back on track

Origami 1 – 3pm Mon 27th November

On the lead up to Christmas in this workshop you will learn how to make Christmas themed origami models.

Get Fit 11am – 1.30pm Tues 28th Nov

A combination of Mindfulness, Qigong and Tai Chi for emotional wellbeing and physical fitness to get you back on track

Volunteering Programme Fleetwood

Skills For Volunteering Monday 4th Sept – 2nd Oct 9am – 12pm

Introduction to Co-Facilitation Tues 3rd Oct 11am – 1.30pm

Employment Programme Wyre

Are you aged 50 or older? Looking to go back into work?
In addition to our Wellbeing Programme you can access support to help you get back into employment

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