

# Wellbeing Course



Shirehampton Public Hall  
32 Station Rd, Shirehampton, Bristol, BS11 9TX

Every Wednesday for 10 weeks -  
starts Wednesday 20th September 9:30am - 12:30pm

We discuss and work through topics such as:

- ▶ Self-worth
- ▶ Self-trust
- ▶ Emotional wellbeing
- ▶ Community engagement

**To find out if this course is right for you and to enrol, contact the lecturer:**

**Becca Lloyd at 07890 518 607 or by email -  
[becca.lloyd@cityofbristol.ac.uk](mailto:becca.lloyd@cityofbristol.ac.uk)**

\*Age 19+ and some other restrictions apply