



Compass
RECOVERY COLLEGE

 **Reading**
Borough Council
Working better with you

Wellbeing Wednesdays - July & August 2022

Each Wednesday at Reading Central Library or in the Forbury Gardens, weather permitting, we will be offering a different topic or activity to support your wellbeing. Sessions will run for 1-1.5 hours:

- Improving Resilience and Motivation
- Improving Self-Esteem
- A Good Night's Sleep
- Yoga
- Pilates

Our regular drop- in Social Sessions will continue to run during this time:

- Coffee and Chat, Tuesdays at the Biscuit Factory 10.30-11.30
- Walk-Talk-Walk, Fridays in Palmer Park 10.30-11.30

Gardening for Wellbeing will also be drop-in on Thursday afternoons from 2.00-4.00

Contact us for more information on dates and times and to register for these sessions.

Enrol with us, free to join



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