

Wellness Service

Kirklees **My Wellbeing Sessions**

Do you want to feel

Happier ?

Healthier ?

Worry Less ?

Sleep better?

Then these sessions are for **YOU**

Learn practical tips and techniques, access information and resources to equip you to continue to improve and manage your health

1 hour sessions delivered over 6 weeks—

Topics include:

Awareness of thoughts, feelings, behaviours

Managing stress

Building Habits

Physical activity and sleep

Food and mood

You will also be eligible for a free mini health check

To self refer or to find out more please visit <https://kirkleeswellnessservice.co.uk>

Wellness starts with **YOU**

Scan Here

