

# BETTER BANKSIDE PRESENTS

## BETTER YOU 2024

Join us this January and February for a series of **FREE events** focusing on Mental Wellbeing, Physical Health, Community & Connection and Personal Enrichment.



**MENTAL WELLBEING**



**PHYSICAL HEALTH**



**COMMUNITY & CONNECTION**



**PERSONAL ENRICHMENT**

JAN 16 TUESDAY	<b>Effective Goal Setting</b> 10.00am	FEB 1 THURSDAY	<b>Introduction to Weight Training</b> 1.00pm
JAN 16 TUESDAY	<b>DIY Upcycled Bird Feeder Workshop</b> 12.30pm	FEB 6 TUESDAY	<b>Terracotta Pot Painting</b> 6.00pm
JAN 17 WEDNESDAY	<b>Yoga</b> 6.30pm	FEB 6 TUESDAY	<b>Beach Tennis</b> 1.00pm
JAN 18 THURSDAY	<b>10 Self Care Tips that Actually Work!</b> 6.00pm	FEB 7 WEDNESDAY	<b>Natural Perfume making class</b> 6.00pm
JAN 23 TUESDAY	<b>Qigong</b> 12pm	FEB 8 THURSDAY	<b>How to Have Difficult Conversations</b> 2.00pm
JAN 24 WEDNESDAY	<b>Spin Class</b> 6.30pm	FEB 8 THURSDAY	<b>Are You Sitting Comfortably?</b> 6.00pm
JAN 25 THURSDAY	<b>Unfreeze The Past with Mr Londoner</b> 12.30pm	FEB 13 TUESDAY	<b>Pancake Day</b> 12.00pm
JAN 26 FRIDAY	<b>Frost Fair Fika</b> 10.00am	FEB 14 WEDNESDAY	<b>Carbon Literacy Training</b> 9.30am
JAN 30 TUESDAY	<b>Public Speaking training</b> 2.00pm	FEB 14 WEDNESDAY	<b>Valentine's Day Gift Making</b> 12.30pm
JAN 31 WEDNESDAY	<b>Seed Sowing workshop</b> 12.30pm	FEB 15 THURSDAY	<b>Beach Volleyball</b> 1.00pm
FEB 1 THURSDAY	<b>Self-Defence Class</b> 9.30am	FEB 15 THURSDAY	<b>Deaf Awareness Training</b> 10.00am
FEB 1 THURSDAY	<b>Mental Health Awareness Training</b> 2.00pm		

**BOOK NOW AT**  
[betterbankside.co.uk/events](https://betterbankside.co.uk/events)



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