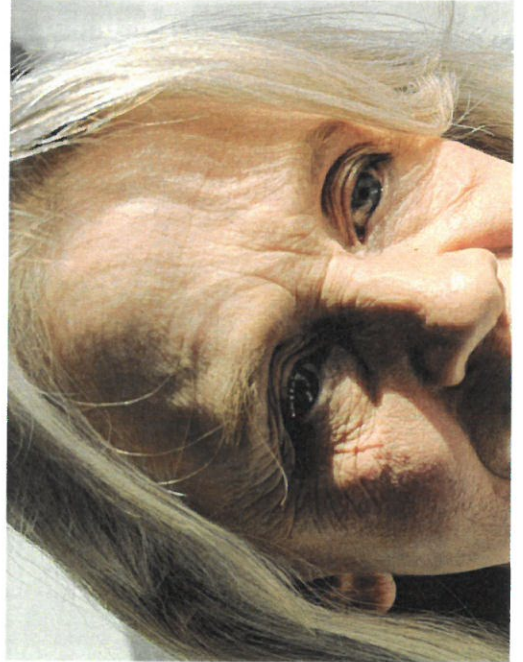




The well woman workshops  
are part of the work of  
The (Kempston) Net  
Charitable Trust.  
(Charity No: 1100776)

If you would like to give towards our  
work you can do so online at: [give.net](http://give.net)  
The Kempston Net Charitable Trust  
(1100776)



ALL SESSIONS ARE HELD AT  
**PROJECT 229**  
229 BEDFORD ROAD  
**KEMPSTON**  
**MK42 8DA**

**Taking bookings  
for the next course  
NOW**

For further information

contact:

Heather Solesbury

07941 401140

[heather.solesbury](mailto:heather.solesbury)

[@graceinthecommunity.com](https://www.graceinthecommunity.com)

Places on all these courses are limited  
and each course must be booked in  
advance.

# WELL WOMAN WORKSHOP

2024

“A journey of a thousand miles begins with a single step”



# The Well Woman Workshop

has been running at Project 229 since 2006 and hundreds of women have benefitted from attending this course.

## 6 WEEK COURSE OUTLINE

1

### OVERVIEW

Small changes in our life can make a considerable difference. How is your life balanced at present? What would you most like to change in the next six to twelve months?

2

### SOCIAL WELLBEING

How do we build friendships and feel connected to our community? What happens when we feel isolated and have to start over again?

3

### PHYSICAL HEALTH

How do we maintain and improve our physical health? What takes us from knowing what we should be doing to actually doing something towards a healthier lifestyle.

4

### EMOTIONAL WELLBEING

How do we manage and process what we "feel" in the ups and downs of our lives?

5

### SPIRITUAL WELLBEING

How do our beliefs and convictions affect the way we see and interpret things around us and the changes we face?

6

### WHERE DO I GO FROM HERE?

What options do I have? All participants are offered an opportunity to meet with a careers advisor if they would like to do so.

**Places on all these courses are limited and each course must be booked in advance.**

# WELL WOMAN WORKSHOP

COURSE DATES  
FOR 2024  
TUESDAYS  
PROJECT 229



DAYTIME COURSES: 10am-12pm *next* 3pm

Starting January 9th 2024 for 6 weeks

Starting April 16th 2024 for 6 weeks

Starting September 3rd 2024 for 6 weeks

TUESDAYS

TUESDAY EVENING COURSES:

@Project 229 7.15pm-9.15pm

all start dates are the same dates as daytime.

TUESDAYS

THE FOLLOW ON COURSE (optional 4 weeks)

Playing to our strengths, Boundaries, Assertiveness, Anxiety, Maintaining our closest relationships, and Building resilience.

All follow on courses will be continued on Tues mornings and Tuesday evenings. There are breaks at half term.

This year's courses have been funded by:  
private Charitable giving and Grace Community Church