

# Free wellbeing workshops

for residents of Portishead



Over the next 18 months residents in Portishead will be able to attend a series of workshops to support their wellbeing needs.

## THESE WORKSHOPS WILL COVER:

- 2023 ○ 20th Sep → **Managing anxiety in children and young people**
- 18th Oct → **Menopause**
- 15th Nov → **Developing a healthy relationship with food**
- 2024 ○ 17th Jan → **Living with chronic pain**
- 7th Feb → **Diabetes management**
- 20th Mar → **Dementia and falls prevention**
- 17th Apr → **End of life conversations**

### TAKING PLACE AT:

The Folk Hall, 95 High St, Portishead  
BS20 6PR

### FROM:

19:00-20:30

- This series of workshops will be repeated (from April - October 2024)
- There will be an opportunity for questions at the end of each session
- Refreshments will be provided
- The venue is fully accessible and parking is available

**TO BOOK YOUR PLACE, EMAIL: [WELLBEING@PORTISHEAD.GOV.UK](mailto:WELLBEING@PORTISHEAD.GOV.UK)  
OR CALL: 01275 847 078**



To keep up to date with future events organised by Portishead Town Council, visit our:

**website:** [www.portishead.gov.uk/wellbeing](http://www.portishead.gov.uk/wellbeing)

**facebook:** [www.facebook.com/portisheadtc](http://www.facebook.com/portisheadtc)

**instagram:** @portishead\_town\_council



**Woodspring**  
Locality Partnership