



Live Well Wakefield Online Self Management Workshops

Winter 2023

Boosting Self Confidence

Thursday 2 February 2023, 14:00-15:30

Monday 6 March 2023, 11:00-12:30

Feeling Positive, Busting Stress

Wednesday 04 January 2022, 13:30 - 15:00

Tuesday 14 February 2022, 13:30 - 15:00

Coping with Life through Relaxation

Friday 13 January 2023, 11:00-12:30

Tuesday 7 March 2023, 11:00-12:30

Coping with Pain (Parts 1 & 2)

Tuesday 03 January (Part 1) and 10 January 2023 (Part 2)

11:00-12:00 both sessions

Friday 10 February (Part 1) and 17 February 2023 (Part 2)

10:30-11:30 both sessions

Wednesday 08 March (Part 1) and 15 March 2023 (Part 2)

11:00-12:00 both sessions

These workshops are delivered online, using the free application Microsoft Teams. To book on a workshop, or for more information about all our workshops and email...

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