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[**Treasure Your Wellbeing**](https://www.facebook.com/TreasureYourWellbeing/?__cft__%5b0%5d=AZWexyjiGrf14xG3XNblHnsaN8f4vlR_3pHx3OEs5vdmAeKOp6kJ7wQv92ywWrNnZ9O2RmEjW2ZplKlY3D3Lp4fOQYhvxgAIfErf0SvfnLMlnHLGirhihNiacldtAMGqiia8vxlkPlDEiX8watBqpGzVLgomEqSxKbcrky__IiEHYR8LAPaQZi_hP7XsC-ppFwM&__tn__=-UC%2CP-R) **CIC**

**Live Well Through COVID**

You are invited to join a free, online course for anyone who is concerned about their mental fitness as we continue to live with COVID 19. The project is funded by the Coronavirus Community Support Fund from The National Lottery and run by Treasure Your Wellbeing CIC.

Most of us are more anxious than usual because of the uncertainty about how long the pandemic will last and what is going to happen next. These courses will provide weekly group support and a training session in mindfulness. Mindfulness is a technique that has been shown to be effective in enabling people to feel more relaxed and in control of their lives. Each week one of our trainers will talk you through the technique and show you how you can use it in your own life.

5 courses are available. Just choose the time and day that suits you best on a weekly basis. Each session will last for 45 – 60 minutes and will be held using Zoom. If you are unsure about using Zoom don’t worry, as long as you have a computer, tablet or laptop we can talk you through how to log on. Courses are held on:

Monday 10am

Monday 8pm (FULL)

Wednesday 7pm (FULL)

Thursday 2pm

Saturday 10am

Courses will begin in the week beginning 12 October 2020.

If you decide to sign up for one of the courses, it will be up to you how long you stay with us. The courses will last for 6 months but you don’t have to commit for that long! You can stay as little as 2 weeks – if you decide it’s not for you that’s fine, just let us know so that we can offer the place to someone on the waiting list. Places on the courses are limited to 12 so if we are full people will be put on a waiting list and allocated a place when one becomes free. Of course, if you do want to be with us for the whole 6 months that’s fine.

To apply for a place on one of the courses please e mail Joyce on [joyce@treasureyourwellbeing.co.uk](mailto:joyce@treasureyourwellbeing.co.uk) We will send you a questionnaire about how you’re feeling at the moment. Once we have that we will let you know if you have a place straight away or if we are putting you on a waiting list to join later in the year. All answers will be treated in strict confidence. We will also be asking you to take part in some evaluation when you leave the course.

We look forward to hearing from you!