



IMPROVING WELLBEING

A short course for people experiencing homelessness, or affected by mental health, addiction or justice services

This course will explore what wellbeing means personally and collectively. Participants will examine various approaches to improving wellbeing including sleep, nutrition, exercise, and relaxation and will develop individual and group plans to implement positive changes and achievable goals.

The course offers structured support to help you reflect on and evaluate your progress, fostering lasting personal growth and resilience.



Sign up today to take a considered step towards enhanced wellbeing and balanced living.

When: Thursday 27 August, 1.00-3.30pm for 12 weeks

Where: The Marie Trust, 29 Albion Street, Glasgow G1 1LH

BOOK NOW



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text Adam on 07903263261

**THE
MARIE
TRUST**

CITY OF GLASGOW
COLLEGE