

NEW SESSIONS!

**Free sessions Just 4 Tenants!
Have fun and learn new skills for your**

Healthy eating and cooking on a budget

Confidence Building

De-stress

Home Crafts

Manage your money

Gardening Made Easy

Beginners DIY

Grow Your Own Food

Beginners Decorating

and a celebration event!



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To book your place Healthy Living Network Leeds, on 0113 295 1043 or email:
info@healthylivingnetworkleeds.org.uk

Sessions start at 10am and finish at 2.30pm - Lunch is provided and up to £25 help towards childcare costs is available. We can also pay transport costs via taxis if booked in advance.

Come to just one session or all six! Places must be booked!

Confidence Building - Where does confidence come from, learn how to say no! **Sat 20th Feb**

Money Management - exploring spending, saving and budgeting **Wed 3rd March**

You and Your Neighbours - What makes a good neighbour? Getting on with your neighbours. **Thurs 4th March**

Home Crafts - make items to decorate your home environment from everyday materials **Fri 5th March**

Celebration - lots of fun activities celebrating all we have done **Wednesday 24th March**

Stress Management and Relaxation - 4 hours of relaxation, strategies to help de-stress your everyday life and a chance to chill **Wed 10th March**

Decorating Skills - painting and decorating with Connaughts **Tues 16th March**

Gardening Made Easy - tips and a chance to make a planter for even the smallest back yard **Wed 17th March**

Variety of venues - please contact HLNL for more details or if you need a map.

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