



The well woman workshops are part of the work of The (Kempston) Net Charitable Trust.  
(Charity No: 1100776)

If you would like to give towards our work you can do so online at: [give.net](https://give.net) The Kempston Net Charitable Trust (1100776)



ALL SESSIONS ARE HELD AT  
**PROJECT 229**  
229 BEDFORD ROAD  
**KEMPSTON**  
**MK42 8DA**

Taking bookings for the next course NOW

For further information contact:  
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07941 401140  
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Places on all these courses are limited and each course must be booked in advance.

**WELL WOMAN WORKSHOP** 2024

"A journey of a thousand miles begins with a single step"



# The Well Woman Workshop

has been running at Project 229 since 2006 and hundreds of women have benefitted from attending this course.

## 6 WEEK COURSE OUTLINE

- 1 OVERVIEW**  
Small changes in our life can make a considerable difference. How is your life balanced at present? What would you most like to change in the next six to twelve months?
- 2 SOCIAL WELLBEING**  
How do we build friendships and feel connected to our community? What happens when we feel isolated and have to start over again?
- 3 PHYSICAL HEALTH**  
How do we maintain and improve our physical health? What takes us from knowing what we should be doing to actually doing something towards a healthier lifestyle.
- 4 EMOTIONAL WELLBEING**  
How do we manage and process what we "feel" in the ups and downs of our lives?
- 5 SPIRITUAL WELLBEING**  
How do our beliefs and convictions affect the way we see and interpret things around us and the changes we face?
- 6 WHERE DO I GO FROM HERE?**  
What options do I have? All participants are offered an opportunity to meet with a careers advisor if they would like to do so.

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# WELL WOMAN WORKSHOP

COURSE DATES  
FOR 2024  
TUESDAYS  
PROJECT 229



DAYTIME COURSES: 10am-12pm or 1-3pm

⇒ Starting January 9th 2024 for 6 weeks

⇒ Starting April 16th 2024 for 6 weeks

⇒ Starting September 3rd 2024 for 6 weeks

TUESDAYS

TUESDAY EVENING COURSES:

@Project 229 7.15-9.15pm

all start dates are the same dates as daytime.

TUESDAYS

THE FOLLOW ON COURSE (optional 4 weeks)

Playing to our strengths, Boundaries, Assertiveness, Anxiety,

All follow on courses will be continued on Tues mornings and Tuesday evenings. There are breaks at half term.

*This year's courses have been funded by: The Rotary Club, The Gale Family Trust private Charitable giving and Grace Community Church*