



## Courses Programme, July to December 2017

To book your place on the following courses or to find out more, call 0131 653 3977 or email [info@changeshp.org.uk](mailto:info@changeshp.org.uk):

<u>Course</u>	<u>Start Date</u>	<u>Time</u>	<u>Location</u>	<u>Duration</u>
Mindfulness Taster Session	Thursday 24th August	6:00pm - 8:00pm	Musselburgh	1 evening
Mindfulness Taster Session	Thursday 9th November	6:00pm - 8:00pm	Musselburgh	1 evening
Mindfulness	Monday 14th August	6:00pm - 8:30pm	Haddington	8 weeks
Mindfulness	Monday 30th October	10:30am - 1:00pm	Musselburgh	8 weeks
First Steps Towards Positive Mental Health & Wellbeing	Wednesday 30th August	6:30pm - 8:30pm	Prestonpans	7 weeks
First Steps Towards Positive Mental Health & Wellbeing	Thursday 14th September	10:30am – 12:30pm	Musselburgh	7 weeks
First Steps Towards Positive Mental Health & Wellbeing	Monday 23 <sup>rd</sup> October	6:00pm – 8:00pm	Musselburgh	7 weeks
Learn to Relax	Monday 7th August	6:00pm - 8:00pm	Musselburgh	5 weeks
Learn to Relax	Monday 30th October	10:30am - 12:30pm	Musselburgh	5 weeks

The following courses can be booked via CHANGES website at [www.changeshp.org.uk](http://www.changeshp.org.uk), click on the Book Here button on the courses & programmes page.

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<u>Course</u>	<u>Start Date</u>	<u>Time</u>	<u>Location</u>	<u>Duration</u>
Stress Control	Thursday 31st August	6:30pm - 8:00pm	Musselburgh	6 weeks
Stress Control	Wednesday 8th November	1:00pm - 2:30pm	Haddington	6 weeks

CHANGES Community Health Project, 108 Market Street, Musselburgh, East Lothian, EH21 6QA

Tel: 0131 653 3977 Email: [info@changeshp.org.uk](mailto:info@changeshp.org.uk) Website: [www.changeshp.org.uk](http://www.changeshp.org.uk)

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