

# 90 MINUTE WELLBEING WORKSHOPS

Wakefield Talking Shop

57 Kirkgate

Wakefield

WF1 1HX

**TURNING  
POINT**  
inspired by possibility



**NHS**

Wakefield

Clinical Commissioning Group

## First Sunday of Every Month

10:30 - 12:00 - Mindfulness

14:00 - 15:30 - Managing Panic Attacks

## Second Sunday of Every Month

10:30 - 12:00 - Improving Your Sleep

14:00 - 15:30 - Emotional Eating

## Third Sunday of Every Month

10:30 - 12:00 - Low Mood

14:00 - 15:30 - Relaxation

## Fourth Sunday of Every Month

10:30 - 12:00 - Supporting Your Loved Ones

14:00 - 15:30 - Assertiveness

Find out more or book your place:

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