

"Feel more confident in supporting the wellbeing of friends & family"

Wellbeing Workshops - Trafford & East Manchester

From **January 2024**, we are now running wellbeing workshops from the following venues:



: The Hub, Community Centre, Pownall Road, Altrincham, WA14 2SZ: [Click Here to Register](#)



: Sale West Community Centre, Newbury Ave, Sale, M33 4QH: [Click Here to Register](#)



: St John's Rd, Old Trafford, Manchester, M16 7GX: [Click Here to Register](#)



: St Marys Magdalene Church, 44 Moss Ln, Sale, M33 6GD: [Click Here to Register](#)



: 599 Ashton New Rd, Manchester, M11 4SG: [Click Here to Register](#)

Are you a **3rd sector organisation** based in **Trafford** or **East Manchester** who is interested in wellbeing workshop's being delivered from your venue?



Please get in touch:

[Contact us](#)

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