



MENTAL WELLBEING PROGRAMME

12 Week Course: 6th January - 27th March 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FREE Wellbeing Walk with Mark Walmsley 11.30am-12.30pm Meet In Main Reception	Yoga* with Renate Mullins 1pm-2pm Holistic Hub	FREE Gardening with Melvyn Cooper 11am-12pm Community Garden	Tai Chi* with Gill Bauer 1.30pm-2.30pm Holistic Hub	FREE Gardening with Melvyn Cooper 10am-12pm Community Garden	Gym* with Cezara Nicorici 5pm-6pm Gym	FREE Chat 1st Podcast 11am Online
Racquet Sports* with Hayley Pegg 6.30pm-7.30pm Sports Hall		Boxing* with Dave Davis 2pm-2.45pm Activity Room	Chat Café with Chat 1st Team 2pm-4pm BLT Café	Swim* with Chat 1st Team 1pm - 2pm Swimming Pool		

Designed exclusively to support anyone who may be struggling with their mental wellbeing; whether it's stress, anxiety, depression or any other undiagnosed complex mental health condition.

Just £2 a session (the wellbeing walks and community garden sessions are FREE!) or a one off £30 to cover all classes in the complete 12 week programme.

*£2 per session

All classes are supported by the Chat 1st Team

Register today at <https://chat1st-mental-wellbeing-programme.eventbrite.co.uk> or come in to the centre to pick up a registration form

No waiting lists or diagnosis required

For you to improve your mental wellbeing

Every session is exclusive to Chat 1st members

Meet for a Chat 1st - we'll be in reception 30 minutes before each class starts!

Find Out More:

#BLTChat1st

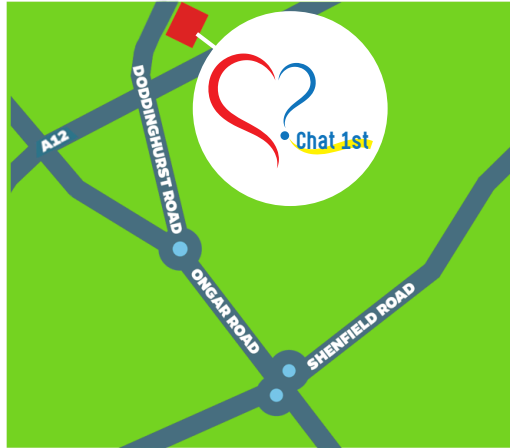
Reception: Ask for the Chat 1st team
 Online: www.brentwood-centre.co.uk/wellbeing
 Email: Chat1st@brentwoodleisure.co.uk
 Tel: 01277 215151

Brentwood Centre, Doddinghurst Road, Brentwood, Essex, CM15 9NN

How to find us

#BLTChat1st

Chat 1st can be found at The Brentwood Centre
Doddinghurst Road, Brentwood, Essex, CM15 9NN



TRAVELLING BY BUS:

Basildon, Laindon, Billericay, Hutton
Take the No. 9 to Brentwood High Street or Brentwood Station, change onto No. 37 to the Brentwood Centre (Elizabeth Way).

Brentwood, Bishops Hall, Warley
Take the No. 37 to The Brentwood Centre (Elizabeth Way)

Blackmore, Hook End, Doddinghurst, Pilgrims Hatch
Take the No. 61 to The Brentwood Centre

FIND OUT MORE

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Email: Chat1st@brentwoodleisure.co.uk

Tel: 01277 246057



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