

**Bromley Well**



# Health & Wellbeing Programme

Every Tuesday 14<sup>th</sup> January to 3<sup>th</sup> March 2020

11:00am - 12:30pm

**Penge Library, 46 Green Lane, SE20 7JX**

This programme is a series of FREE weekly workshops for Bromley residents with health conditions, aimed at supporting wellbeing through self-care in areas such as healthy eating, physical activity, sleep & mindfulness, medication, managing pain, reducing stress & anxiety and ensuring good medical care.

Get in touch for further information and to reserve your place. You can attend as many or as few workshops during the programme as you wish.

This is a great chance to meet others and share your experiences over a cup of tea/ coffee and some refreshments. We hope you can join us.

## Self-care techniques can help you:

- Eat well & drink sensibly
- Keep physically active
- Get good quality sleep
- Manage your pain
- Reduce stress and anxiety



**This is a free session but you need to book. Please get in touch with us on 0208 315 2530 or email: [enquiry@bromleywell.org.uk](mailto:enquiry@bromleywell.org.uk)**

 @BromleyWell

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**Week 1 Good Health & Self-Care**

- Learn about Bromley Well and how we can support you.
- Understand what good health means to you.
- Know how to adopt healthy habits.

**Date: Tuesday 14<sup>th</sup> January 2020**

**Week 2 Eating Well**

- Know the latest, research based recommendations for healthy eating.
- Understand the importance of eating well for our bodies & our minds.
- Get tips for weight management.

**Date: Tuesday 21<sup>st</sup> January 2020**

**Week 3 Physical Activity**

- Learn why physical activity is, "The Wonder Drug".
- Identify simple, effective ways to build physical activity into your life.

**Date: Tuesday 28<sup>th</sup> January 2020**

**Week 4 Sleep & Mindfulness**

- Learn how sleep benefits our bodies and our minds and get tips on getting a good night's sleep.
- Learn how mindfulness can help us manage stress and experience a mindfulness exercise.

**Date: Tuesday 4<sup>th</sup> February 2020**

**Week 5 Pain Management**

- Understand the pain cycle and how pain impacts on your life.
- Learn techniques and strategies to help you manage your pain.
- Know where to go for further support.

**Date: Tuesday 11<sup>th</sup> February 2020**

**Week 6 A brief introduction to CBT**

- Learn about the theory of cognitive behavioural therapy (CBT).
- Understand how CBT strategies and techniques can help us manage stress.
- Learn a CBT technique to help us manage our well being.

**Date: Tuesday 18<sup>th</sup> February 2020**

**Week 7 Ensuring good medical care**

- Understand medication adherence and why it is important for our health.
- Learn how to communicate effectively with healthcare professionals.

**Date: Tuesday 25<sup>th</sup> February 2020**

**Week 8 Planning for the future**

- Think about what self-care changes you would like to make.
- Know how to set achievable goals to help you make those changes.
- Learn how Bromley Well can support you.

**Date: Tuesday 3<sup>rd</sup> March 2020**

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