



Minding Your Money

Mon 16th Jan, 9.45-11.45am x 6 wks



This fantastic new course with Norah Hughes aims to help you to reduce financial stress. Topics include: The connection between money and mindset, creating a budget, setting money goals, Practical money tools and techniques, clear negative beliefs about money, becoming more confident with money.

Dancing Your Way to Health & Happiness

Mon 16 Jan, 9.45-11.45am x 6 wks



This ever-popular course centers around relaxation, movement and DANCING! You will enjoy relaxation exercises, lots of dancing and plenty of craic & laughter! You will be expertly guided by Charmaine McMeekin.

Meditation & Journaling

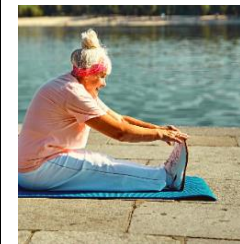
Tues 17th Jan, 9.45-11.45am x 6 wks



Meeting for one hour a week, Christina Blair will introduce you to the powerful practices of both meditation and journaling helping you to build a regular practice. Benefits include: Reduced stress, anxiety & worry, lower blood pressure, increased focus, greater clarity, increased resilience and a greater sense of calm.

Pilates

Tues 17th Jan, 1.30pm-2.30pm x 6 wks



Pilates is back with Anne Bresland! Pilates is a method of exercise that is done on a mat, and consists of low-impact movements that greatly improve your core strength, muscle control, flexibility, coordination, and body tone. Complete beginners and those with experience are both welcome.

Creative Writing

Tues 17th Jan, 12.30-2.30pm x 6 wks



Fionnuala Cassidy will help you to: Explore your creativity and why you want to write, Learn techniques that develop powers of observation and imagination, Explore different styles and genres of writing such as poetry, journaling, memoir, story-telling and fiction.

Discover You!

Wed 18th Jan, 9.45-11.45 x 8 wks



This brand-new course delivered by Margaret Johnston covers a wide range of wellbeing topics such as how to nurture mental health, understand and manage stress, learn techniques to tame troublesome thoughts, tips on how to build confidence & boost motivation and other important self-care related themes.

Body ♦ Mind ♦ Emotions Thursday 19th Jan, 9.45-11.45 x 4 wks



This exciting new course with Giovanna can help you find out how your body can guide you towards optimal health. Have you ever asked what's the meaning of your sore back or why you have problems with your lungs? Based on a holistic approach and the studies of Traditional Chinese Medicine, illness and pain are signs that we usually don't listen to until our body says: stop! Each organ has not only an organic function but is also linked to a particular emotional and energetic process that, if discovered, can help us to heal.

Menopause Awareness Wed 22nd Feb 12.30-2.30pm x 4 wks



An excellent new programme with Margaret Johnston for anyone interested in learning about Menopause. The sessions are delivered in the spirit of a passionate and straight-talking nature to help break down stigma, encourage more open conversations and increase understanding of Menopause. Includes: Health and Menopause, Psychology and Menopause, Food and Menopause, Mindfulness and Menopause.

The Fundamentals of Eating Well Thurs 23rd Feb, 9.45-11.45 x 3 wks



Michael Mullin is back with more up to date and valuable nutritional information including demos and delicious samples! This course will help you to: Understand the key principles of weight management for long-term, sustainable weight loss. Discover the importance of good gut health & the impact of sugar on our health. Explore effective tools to improve sleep, lower stress & increase physical activity levels.

Tai Chi & Relaxation Thurs 23rd Feb, 1.30- 2.30pm x 6wks



This is a series of Tai Chi influenced exercises that can help strength, balance, co-ordination, flexibility, relaxation & more. Creating a wonderful sense of wellbeing, it can be adapted for all physical abilities. Each week will end with a lovely guided relaxation. Your tutor will be Amanda Boyd.

TO APPLY



Use the QR Code or go to www.firststepswomenscentre.org/apply

FOR MORE INFO

Contact Amanda on: 028 8772 7648

Email: fswc.amandab@gmail.com

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