



ways to  
Health &  
Wellbeing

Health and wellbeing is important in our own and our customer's lives especially in these times of economic uncertainty. 5 Ways to Health and Wellbeing is an evidenced based approach to supporting health and wellbeing through the actions of:

**Connect**, **Be Active**, **Take Notice**, **Keep Learning** and **Give**.

**Supporting People** in partnership with Public Health, Area Partnership Boards, and Adult Social Care, Health and Wellbeing would like to invite you to one of our

## 5 Ways Experience Events.

These are designed for participants to develop an understanding of 5 Ways to Health and Wellbeing and to explore how we can practically embed 5 Ways into our lives and that of our customers **To Make it Real**.

<b>Ellesmere Port Boat Museum - 9:30 am to 4.00 pm</b>	<b>Tuesday 24<sup>th</sup> May</b>
<b>Wyvern House Winsford- 9:30 am to 4.00 pm</b>	<b>Tuesday 14<sup>th</sup> June</b>
<b>Blacon Children's Centre Chester - 9:30 am to 4.00 pm</b>	<b>Tuesday 21<sup>st</sup> June</b>
<b>Northwich Memorial Hall - 9:30 am to 4.00 pm</b>	<b>Thursday 30<sup>th</sup> June</b>

NB Lunch is provided.

Please complete the information below and e-mail to:

[capstickwalsh@cheshirewest.gov.uk](mailto:capstickwalsh@cheshirewest.gov.uk)

<b>Event you would like to attend:</b>	
<b>Delegate Name:</b>	
<b>Organisation:</b>	
<b>Service name:</b>	
<b>Work Telephone number:</b>	
<b>E-mail Address:</b>	
<b>Any special requirements e.g. catering or physical</b>	

Please note there will be some gentle physical exercise within the day. If this may cause you difficulty please let us know in advance by calling Angela Capstick or Bev Walsh on 0151 356 6464.

A short time will be spent outdoors and so it is advisable for you to bring robust footwear, casual suitable clothing and sun protection.