

WELL FUNNY WORKSHOPS

BECOME A HAPPIER, HEALTHIER YOU 😄

FRIDAY 8TH FEBRUARY | 2.30 – 4.30pm | HALEWOOD LIBRARY

FRIDAY 8TH FEBRUARY | 6.00 – 8.00pm | HUYTON LIBRARY

SATURDAY 9TH FEBRUARY | 11.00am – 1.00pm | KIRKBY LIBRARY

TUESDAY 12TH FEBRUARY | 12.00 – 2.00pm | STOCKBRIDGE LIBRARY

TUESDAY 12TH FEBRUARY | 3.00 – 5.00pm | PRESCOT LIBRARY

To book a FREE place on any one of the above workshops please contact Carla Simkin on: carla.simkin@knowsley.gov.uk | 0151 443 5353

Life can make us feel stressed and anxious at times. Well Funny sessions will give you a much needed boost of happiness and laughter. Join us and discover how humour can help us improve our wellbeing and build resilience in everyday life!

Well Funny sessions are part of the GEM (Great Emerging Marvellous) Places an Arts Council funded project that brings exciting and cultural activities to libraries in Knowsley