

# Café Connect

*... Bringing People Together in your local community*  
**Arlesey Community Workshops**

## Live Well - Creativity

Introductory workshops that highlight the major concepts of the creative process in a concise, simple and efficient way. Gather an overview of how the human mind limits creativity and provides tools to overcome it.

Challenge yourself to look at the world differently and think out of the box

**13th May - 20th May - 3rd June - 10th June**

## Live Well - Wellbeing

These fun workshops help you break out of negative cycles you may find yourself in. The course is designed to help you build esteem, confidence and manage anxiety. Learn tools and techniques each week to manage these symptoms.

**17th June - 24th June - 1st July - 8th July**

## Live Well - Healthy Living

Discover topics which are designed to give tools to lead a healthier and happier life looking at mental attitudes and lifestyle changes. Help tap into your full potential and engage in positive health changes.

**15th July - 22nd July - 29th July - 5th August**

**FREE every Monday between 1pm and 4pm**

**Arlesey Resource Centre, High Street, Arlesey, SG15 6SN**

**Interested?**

**01582 726152**

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**NOAH**  
ENTERPRISE



Central Bedfordshire Council  
and Bedford Borough Council  
working together



Apprenticeship



Education & Skills  
Funding Agency

