

# Café Connect

*... Bringing People Together in your local community*

## *Houghton Regis 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.

**8th May - 15th May - 22nd May - 29th May**

### 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.

**5th June - 12th June - 19th June - 26th June**

### Live Well - Healthy Living

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

**3rd July - 10th July - 17th July - 24th July**

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

**Bedford Square Community Centre, Tithe Farm Road LU5 5ES**

**Interested?**

**01582 726152**

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**NOAH**  
ENTERPRISE



Central Bedfordshire Council  
and Bedford Borough Council  
working together



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