

## HEALTH & WELLBEING

### BADMINTON

Day	Venue	Course Code	Course Title	Start Date	Time	Length	Tutor	Fee
Mon	RGS	ER130-SM	Badminton for Beginners/Improvers	07/01/19	19.30 – 21.30	10 wks	Mr G Harvey	£132

### COACHING

Day	Venue	Course Code	Course Title	Start Date	Time	Length	Tutor	Fee
Mon	ASH	EE116-SM	Introduction to Coaching Sport for Willing and Press-ganged Volunteers	25/02/19	19.00 – 20.30	5 wks	Mr M Hegarty	£46
Tue	ASH	EE116-ST	Introduction to Coaching Sport for Willing and Press-ganged Volunteers	15/01/19	19.00 – 20.30	5 wks	Mr M Hegarty	£46
Tue	RUSHEN	EL116-ST	Introduction to Coaching Sport for Willing and Press-ganged Volunteers	23/04/19	19.00 – 20.30	5 wks	Mr M Hegarty	£46

### EXERCISE

Day	Venue	Course Code	Course Title	Start Date	Time	Length	Tutor	Fee
Wed	FOX	EF511-SW	Ki Qong Exercise for Beginners	01/05/19	19.00 – 20.00	5 wks	Mrs Y Yates	£31

### FIRST AID

Day	Venue	Course Code	Course Title	Start Date	Time	Length	Tutor	Fee
Wed	RGS	ER084-SW	Essential First Aid   All Ages	16/01/19	09.00 – 12.00	1 day	Mr N Stewart	£34
Sat	UCM	PD081-SS	Essential First Aid   All Ages	26/01/19	09.00 – 12.00	1 day	Mr N Stewart	£34
Sat	UCM	PD084-US	Essential First Aid   All Ages	27/04/19	09.00 – 12.00	1 day	Mr N Stewart	£34

### HEALTHY EATING

Day	Venue	Course Code	Course Title	Start Date	Time	Length	Tutor	Fee
Thu	SNLS	EN664-SX	Healthy Eating   All You Need to Know to Eat Well, Live Well & Stay Well	24/01/19	18.30 – 20.30	1 day	Mrs S Thiagarajan	£13
Thu	SNLS	EN668-SX	Food & the Mood Connection	28/02/19	18.30 – 20.30	1 day	Mrs S Thiagarajan	£13
Thu	SNLS	EN665-SX	Eating Well for Disease Prevention & Ageing Well	14/03/19	18.30 – 20.30	1 day	Mrs S Thiagarajan	£13
Thu	SNLS	EN669-UX	Nutrition & Gut Connection Promoting Good Digestive Health	25/04/19	18.30 – 20.30	1 day	Mrs S Thiagarajan	£13
Thu	SNLS	EN666-UX	Lovely Lunch Box Ideas for Children & Adults	09/05/19	18.30 – 20.30	1 day	Mrs S Thiagarajan	£13

### PILATES

Day	Venue	Course Code	Course Title	Start Date	Time	Length	Tutor	Fee
Thu	RGS	ER554-SX	Pilates for Beginners	10/01/19	18.15 – 19.15	9 wks	Mrs W Amaral	£55
Thu	RGS	ER568-SX	Pilates for Improvers	10/01/19	19.30 – 20.30	9 wks	Mrs W Amaral	£55
Sat	UCM	PD579-US	Functional Pilates   Sitting is the New Smoking	11/05/19	10.00 – 13.00	1 day	Mrs M Sherring	£24

### REIKI

Day	Venue	Course Code	Course Title	Start Date	Time	Length	Tutor	Fee
Wed	UCM	ED512-SW	Reiki for Parents   Helping You & Your Child	30/01/19	19.00 – 20.30	5 wks	Mrs Y Yates	£46
Wed	UCM	ED513-SW	Reiki & Medicine	20/03/19	19.00 – 20.30	1 day	Mrs Y Yates	£10

### TAI CHI

Day	Venue	Course Code	Course Title	Start Date	Time	Length	Tutor	Fee
Mon	PEEL	EP530-SM	Tai Chi for Beginners	07/01/19	19.30 – 20.30	10 wks	Mr F Newton	£61

### WELLBEING

Day	Venue	Course Code	Course Title	Start Date	Time	Length	Tutor	Fee
Tue	UCM	ED540-ST	Staying Mindful	26/02/19	18.00 – 19.30	6 wks	Ms J Bibby	£55
Wed	UCM	ED584-SW	How to be Happy	16/01/19	19.00 – 21.00	1 day	Mr M Kewley	£13
Wed	UCM	ED541-SW	Mindfulness for People Working in Education dotb-foundations	30/01/19	16.30 – 18.15	8 wks	Ms J Bibby	£85
Wed	UCM	ED591-UW	The Power of Mindfulness	24/04/19	19.00 – 21.00	1 day	Mr M Kewley	£13

