

THE BRIDGE



COMMUNITY EDUCATION CENTRE

Summer activities at the Bridge 2010

**HEALTHY
LIVING
CENTRE**
EAST BRIGHTON

Food and Mood adults only

This taster course will introduce you to the links that can be made between food, mood and behaviour and looking at some of the positive steps we can take with regard to diet and other life style factors in order to improve our long term mental wellbeing.

Monday August 2nd 10.00am - 11.30am FREE

Mindfulness Awareness adults only

This taster course will introduce you to what mindfulness is about and how it can be used as a technique to help manage stress. Participants will be able to try a short relaxation exercise and get some tips on being more focused on enjoying the present.

Monday August 2nd 12.30pm – 2.00 FREE

Community Knitting Group

Families with children welcome, over 7's only please

A friendly small group of people that love to knit. Come and have ago and make your own unique knitted piece.

Monday August 2nd 10.00am-1.00pm FREE

Family Nature Trail

Families with children welcome, over 7's only please

Explore surrounding woodland and collect interesting pieces of nature to make your own piece of art.

Monday August 16th 10.30am-12.30pm FREE

To enrol on these activities please call 294929 or come to

The Bridge Community Education Centre Lucraft Road, Moulsecoomb, Brighton, BN2 4PN