

## Community Wizards Upcoming Sessions

### Introduction to Self-Defence

Introductory sessions to self-defence skills focused on increasing confidence through guided discussions and gentle physical exercise. No previous experience needed – come and learn something new and walk away with some practical tools and greater confidence. Sessions led by Masie Emmerson 5 x World Title Champion!

Thursday 5 <sup>th</sup> March	1 – 2pm	Pilling Park Community Centre
Thursday 19 <sup>th</sup> March	1 – 2pm	Pilling Park Community Centre

### Your Health, Your Voice! Women's Wellbeing Talk

An interactive talk understanding your health and choices. Covering topics including cancer awareness, menopause, access to community clinic and support groups, and a chance to speak 1:1 with an experienced Women's Health Champion in a safe and supported space.

Friday 27 <sup>th</sup> March	10.30 – 11.30am	Plumstead Road Library
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### Introduction to Mindfulness

In this friendly, supportive space, we will explore simple, practical mindfulness techniques that can help you slow down, pause and reset, and feel more calm in the midst of a busy world.

Sessions include guided practices, gentle reflection, and easy tools you can use in everyday life. No experience needed – suitable for all.

Tuesday 2 <sup>nd</sup> April	6.30 – 7.30pm	Pilling Park Community Centre
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Wednesday 15 <sup>th</sup> April	10.30 – 11.30am	Pilling Park Community Centre
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