



Wellbeing Schedule November

Building Confidence – 6 & 16 November 10am

Menopause and Me – 8 & 29 November 1pm

Improving Motivation – 9 & 22 November 1pm

Art of Relaxation – 13 & 27 November 1pm

Financial Wellbeing – 14 November 10am

Building Resilience – 21 November 5pm

Gratitude and Self-Compassion – 30 November 10am

All classes are free for Glasgow residents to attend. Book your place on the [Lifelink website](#) or [Eventbrite](#).