



bounce!

Is well-being important to you
and your family?

Bounce! is a fun and **FREE** workshop that can help you get started, on your terms

Who is Bounce! for?

It's for you! Bounce! is suitable for anyone who cares about their own well-being or those around them.

Suitable for anyone aged 11 years and upwards Bounce! is flexible to the needs of the group.

If you want to take control of your well-being then Bounce! is for you.

Bounce! has been specially designed to help you...

- ✂ Rate your own well-being
- ✂ Choose small changes to make a difference
- ✂ Discover how to really achieve your goals
- ✂ Find local resources to support you
- ✂ Develop your Bounce-backability!

Bounce! Plus day - FREE of charge Wellbeing Workshop

Braintree

Bounce! Plus Workshop – Lunch - Mindfulness Workshop

Developed and delivered by Enable East- part of the Big Lottery Fund Well-being in the East portfolio.

For more information email tracey.macrae@colchester.ac.uk

Or telephone 01206 712093 <http://www.colchester.ac.uk/bounce/>



well-being in the east

