

Let's  Live Well   
in Rushcliffe

Rushcliffe  
Social  
Prescribing  
Service 

  
Partners Health  
STRONGER TOGETHER



# Community Hub!

Exciting Announcement: Launch of Our New Social Prescribing Community Hub!

We are thrilled to announce the opening of our new Social Prescribing Community Hub, a vibrant space dedicated to enhancing health and wellness in our community.

Our hub offers a variety of activities designed to improve physical, mental, and emotional well-being. Here's what we're bringing to you:

-  **Breathwork Sessions:** Learn the art of mindful breathing to reduce stress and enhance relaxation.
  -  **Sound Bath:** Immerse yourself in sounds that promote deep meditation and relaxation
  -  **Cooking Classes:** Discover nutritious recipes and cooking techniques that support a healthy lifestyle.
  -  **Psychological Wellness Workshops:** Engage in sessions that support mental health and emotional resilience.
  -  **Behaviour Change Workshops:** Join us to learn strategies for making and sustaining positive lifestyle changes.
  -  **Educational Sessions:** Attend informative talks and workshops on a range of health and wellness topics.
  -  **Dance Sessions:** Join us for for inclusive dance sessions
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