



# Bury People First

## 'Safe and Healthy Lifestyles' Workshops

At Elms Community Centre, Green Lane, Whitefield, M45 7FD  
Dates of Workshops

All Workshops are on Wednesdays  
10:30am – 2.30pm  
Lunch and drinks are provided

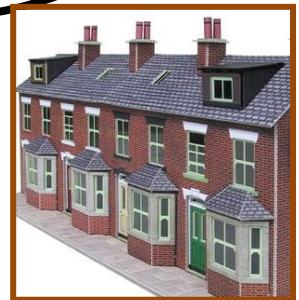
15th November

Hate Crime and  
Mate Crime



22nd November

Lifestyle  
Choices



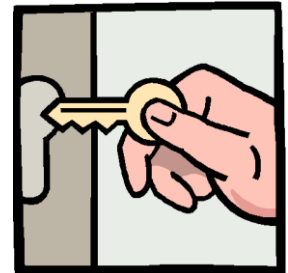
10th January

Mindfulness



24th January

Personal  
Safety



7th February

Relationships  
and Friendships

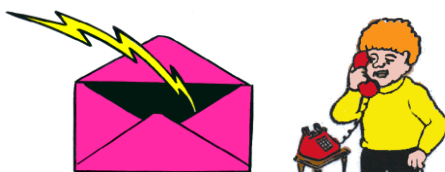


21st February

Healthy Eating  
and Activities



- Places are limited so be sure to book early.
- To book a place or for further details contact us



Telephone: 0161 705 4342

Email: [admin@burypeoplefirst.co.uk](mailto:admin@burypeoplefirst.co.uk)

These Workshops are funded by Bury Councils 'The Pitch' community funding