

# FREE Online Workshop & Personal Health Plan



## Financial Wellbeing

2 Week Course

Beginning: Tuesday, 9th March

@ 11am on Zoom



Do you want to invest in your Financial Wellbeing? Join us as we explore the following topics:

- Sorting out your money
- Saving and investing
- Insurance
- Borrowing money
- Dealing with debt
- Planning for later life

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## Pilates (morning & evening)

3 Week Course

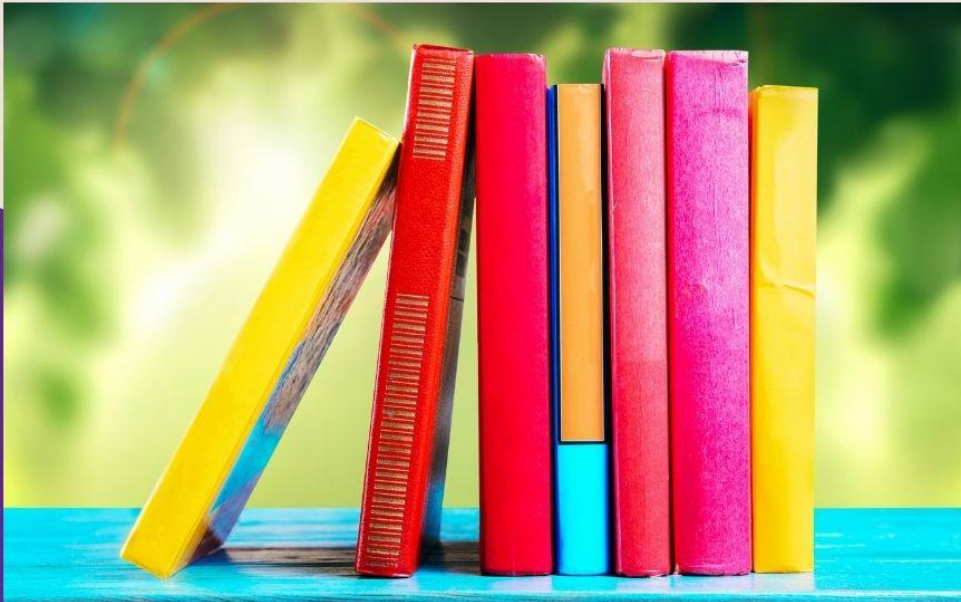
Beginning: Wednesday; 10th March

@ 7am & 7pm on Zoom (choose 1).



Our ever popular Pilates class continues for March. Due to demand, we have arranged a morning and evening option. Please choose the one that suits.

# FREE Online Workshop & Personal Health Plan



## Book Club

3 Week Group Meet

Beginning: Friday, 12th March

@ 11am on Zoom



Brighten up your week by reading something light hearted.  
Join us on Zoom to connect and discuss books and more....

The aim of our Book club is to bring people together so whether you are new to the hobby of reading, reconnecting to an old past time, or you are almost a librarian, it will be all about connecting and sharing the joys of reading a good book.

We work alongside Donegal Local Library who have very kindly offered to supply us with books delivered to your door. If you are already a member, fantastic, but if not, we will guide you through the simple process of becoming a member.



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## Mocktail Masterclass

3 Week Course

Beginning: Thursday, March 11th

@ 7:30pm on Zoom



**\*\*New class alert \*\***

Join in the fun as we learn how to make delicious 'Mocktails' at home. Mocktails are non-alcoholic cocktails using ingredients straight from your fridge.

Join in the fun and register today

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## Mindfulness

3 Week Course

Beginning: Monday, 8th March

@ 11am on Zoom



Mindfulness continues to be a hugely popular class. Enlighten your mind and sign up here:

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## Arts & Crafts

3 Week Course

Beginning: Wednesday, 10th March

@ 11am on Facebook



Have you had enough of Netflix? Do you have an interest in art & learning to paint? Why not try something new! Bernie Wilson will be delivering our popular arts & crafts for wellbeing classes online.

**First 25 registered will receive, a sketch pad, paintbrushes, paint and paint holder.**



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## Beginners Zumba

3 Week Course

Beginning: Tuesday 9th March

@ 7pm on Zoom



Due to the success of our first class, we are offering a second Zumba session for Beginners only. This fun and light hearted exercise class is sure to get you moving and laughing in the comfort of your own home!

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## Men's only Cookery

4 Week Course

Beginning: Thursday, March 11th

@ 7pm on Zoom



Calling all MEN!

Due to popular demand, we are running a men's only cookery class. Whether you are a complete beginner or a wannabe MasterChef, our expert tutor, Dr. Elizabeth McKenzie will provide tasty recipe's each week for you to cook at home.

Register now, you'll be glad you did.



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## Relaxation

3 Week Course

Beginning: Wednesday, 10th March

@ 7.30pm on Zoom



Drop in Relaxation sessions continue each week live on zoom.

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## Learn to Knit

3 Week Course

Beginning: Tuesday, March 9th

@ 7pm on Zoom



\*\*\* New class alert \*\*\*

Join well known knitter and designer Edel MacBride for three evening knitting classes.

This is a beginner class to knit a hat or headband in Donegal wool.

A little knowledge of casting on will help. If you are a complete beginner a video link will be advised ahead.

Topics covered will be, casting on, knit and purl stitches and garter stitch. Students will learn to increase and decrease their work, cast off and sew up.

**The first 20 people registered will receive a beginner's hat kit of top quality Donegal Wool and needles**

A few Lines about Edel:

Edel Macbride has run a knitwear fashion business for over thirty years.

Available now on [www.edelmacbride.com](http://www.edelmacbride.com) she is passionate about using local wools and techniques.

Since 2010 she has taught knitters "all she knows" and has learned much from them too.

Having dressed thousands of customers for christenings, communions and weddings she still loves to sit down and knit a hat!

She sees bringing this simple pleasure of knitting to others a privilege and hopes in turn they can pass the skill on.

You will find Edel's work on social media sites Instagram and Facebook and on her website [www.edelmacbride.com](http://www.edelmacbride.com)



# FREE Online Workshop & Personal Health Plan



## Cooking for and with Children

Weaning babies, disguising vegetables, healthy school lunches & dinners and much more!

3 Week Course, beginning: Monday, 8th March  
@ 11am on Facebook live



**\*\* New class alert \*\***

Have you always had trouble getting your kids to eat healthy food?

Would you like some helpful tips and advice?

Join Dr. Elizabeth McKenzie as we explore everything from weaning babies onto solid food to preparing healthy school lunches.