

Birmingham Forward Steps: Erdington & Sutton Coldfield District

Hug in a Mug—Term Time ONLY

Learn about the 5 ways to Wellbeing

Castle Vale CC

Monday 9.30-11.30

0121 752 1920

Yatesbury Avenue

B35 6DU

Erdington

*Please give us a call
to book your preferred
venue*

Holland House CC

Tuesday 12.30-2.30

Call 0121 752 1860

Holland Road,

B72 1RE

Lakeside CC

Monday 12.30-2.30

0121 752 1970

22 Lakes Rd

Erdington

B23 7UH

Featherstone CC

Thursday 10.00—12.00

0121 752 1870

29 Highcroft Road,

B23 6AU



WINNING WAYS TO WELLBEING



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



Your time,
your words,
your presence



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR HOOD

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO
YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

Erdington & Sutton District