

WELLBEING EVENTS

Here at the Resilience Hub, we have curated a great range of FREE face to face events, that have been tailored to boost your well-being. Why? Because self-care is really important!

From Martial Arts, right through to Drumming and Movement Yoga, we have you covered!

Our events are designed to bring people from all different organisations across Cheshire & Merseyside together, to connect and engage with one another.

These events happen at different days/times on a monthly basis, so don't worry if you can't attend.

You can book your place today, via our website.

