



What's on?

Week one (10-14 January)

Monday 10 January, 11am - 12noon

How to cook healthy kebabs

Join Natasha Beatty from Fresh Kitchen in her four-part cooking class series 'Eat Yourself Healthy.' [Register here.](#)

1pm-2pm

Nutrition: Healthy habits

Join Harpreet and Wendy from HIOW Health & Wellbeing Support Service to learn about nutrition, healthy eating and how to improve your overall physical and mental wellbeing. [Join here.](#)

Tuesday 11 January, 9am-9.30am

Desk-based yoga

Join Adele from Solent NHS Trust and learn some simple yoga stretches to do at your desk. All levels welcome. [Register here.](#)

2pm-3pm

All things fitness!

Join Amanda and Christine from HIOW Health and Wellbeing Support Service to understand how your overall fitness has an impact on your physical and mental wellbeing. [Join here.](#)

Wednesday 12 January, 12.30pm-1pm

Yoga with Adele

Come and join Adele for a 30 minute energising and relaxing yoga practice to make you feel great. [Register here.](#)

2pm-3pm

How to get a better night's sleep

Get comfy with Lynsey and Jane from HIOW Health and Wellbeing Support Service and learn hints and tips for setting yourself up for an improved nights' sleep. [Join here.](#)

Thursday 13 January, 6pm-7pm

Curry night - learn to cook a Rogan Josh

Cook a nutritious curry with chef Natasha Beatty from Fresh Kitchen. The ingredient list will be sent along with your confirmation email. [Register here.](#)

Can't make it? All sessions will be recorded:

www.hiowpeople.nhs.uk/cc/hiow





What's on?

Week two (17-21 January)

Monday 17 January, 3pm - 4pm

How to make healthy snacks

Presented by Natasha Beatty from Fresh Kitchen as part of the 'Eat Yourself Healthy' cooking series. [Register here.](#)

Tuesday 18 January, 9am-9.30am

Desk-based yoga

Join Adele from Solent NHS Trust and learn some simple yoga stretches to do at your desk. All levels welcome. [Register here.](#)

2pm-3pm

Nutrition: healthy habits

Join Harpreet and Wendy from HIOW Health & Wellbeing Support Service to learn about nutrition, healthy eating and how to improve your overall physical and mental wellbeing. [Join here.](#)

Wednesday 19 January, 11am - 12noon

Improve your fitness levels

Find a pace that's right for you. Join Christine and Amanda from HIOW Health & Wellbeing Support Service. [Join here.](#)

12.30pm-1pm

Yoga with Adele

Come and join Adele for a 30 minute energising and relaxing yoga practice to make you feel great. [Register here.](#)

Thursday 20 January, 3pm-4pm

All things sleep

Get comfy with Lynsey and Jane from HIOW Health and Wellbeing Support Service and learn hints and tips for setting yourself up for an improved nights' sleep. [Join here.](#)

Friday 21 January, 4pm-5pm

Healthy puddings - flapjacks

Make a delicious batch of flapjacks with chef Natasha Beatty from Fresh Kitchen. The ingredient list will be sent along with your confirmation email. [Register here.](#)

Can't make it? All sessions will be recorded:

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