

# NMC Opportunities for Wellbeing

## NMC TRAINING EVENTS AND ACTIVITIES

- Graphic Design
- 3D printing
- Mindfulness

## NMC TRANSITION EVENTS AND ACTIVITIES

- DofE
- SpeakEasy
- Poetry group
- Transition regular quiz

## THERAPEUTIC CONNECTIONS WITH NATURE AND OUTDOORS

NMC Clubs with opportunities to be developed / expanded for therapeutic wellbeing / access to outdoors.

- Titans Powerchair Football
- Fishing
- Walking – NMC led walking group
- Shed Club – purposeful working with wood
- Gardening
- Craft
- Meadow – pond / bird / nature watching

NMC Opportunities for Wellbeing  
NMC Connect Up Activities / Events  
Monday – Art group – Led by Alison / Elly  
Tuesday Chat – Led by Sarah / Elly  
Thursday – Crossword  
Friday - Food  
Friday – Monthly book club.

## Contact Us

📍 Woodford Lane West,  
Winsford, Cheshire,  
CW7 4EH

📞 Reception - 01606 860911  
Physiotherapy - 01606 861799

🌐 [www.nmcentre.com](http://www.nmcentre.com)

📘 /NMCentre

🐦 @NMCentre



NeuroMuscular  
Centre

Registered Charity No. 1023606



NeuroMuscular  
Centre

# NMC Wellbeing Spring 2021

Theme:  
Nutrition and Wellbeing



# Spring 2021

## April

Tues

13<sup>TH</sup>

🕒 1pm - 2pm  
Yoga and breathing

Wed

14<sup>TH</sup>

🕒 11:30am - 12:30pm  
Physio Live

Thurs

15<sup>TH</sup>

Knowledge session 1

20<sup>TH</sup>

🕒 1pm - 2pm  
Yoga and breathing

21<sup>ST</sup>

🕒 11:30am - 12:30pm  
Physio Live

22<sup>ND</sup>

Cooking demonstration  
Garden produce

27<sup>TH</sup>

🕒 1pm - 2pm  
Yoga and breathing

28<sup>TH</sup>

🕒 11:30am - 12:30pm  
Physio Live

29<sup>TH</sup>

Knowledge session 2

## MAY

Tues

4<sup>TH</sup>

🕒 1pm - 2pm  
Yoga and breathing

Wed

5<sup>TH</sup>

🕒 11:30am - 12:30pm  
Physio Live

Thurs

6<sup>TH</sup>

🕒 1pm - 3pm  
Cooking Demonstration

11<sup>TH</sup>

🕒 1pm - 2pm  
Yoga and breathing

12<sup>TH</sup>

🕒 11:30am - 12:30pm  
Physio Live

13<sup>TH</sup>

🕒 1pm - 3pm  
Knowledge 3

18<sup>TH</sup>

🕒 1pm - 2pm  
Yoga and breathing

19<sup>TH</sup>

🕒 11:30am - 12:30pm  
Physio Live

20<sup>TH</sup>

🕒 1pm - 3pm  
Cooking

25<sup>TH</sup>

🕒 1pm - 2pm  
Yoga

26<sup>TH</sup>

🕒 11:30am - 12:30pm  
Physio Live

27<sup>TH</sup>

🕒 1pm - 3pm  
Knowledge 4

## June

Tues

1<sup>ST</sup>

🕒 1pm - 2pm  
Yoga

Wed

2<sup>ND</sup>

🕒 11:30am - 12:30pm  
Physio Live

Thurs

3<sup>RD</sup>

Cooking demonstration  
Garden produce

8<sup>TH</sup>

🕒 1pm - 2pm  
Yoga

9<sup>TH</sup>

🕒 11:30am - 12:30pm  
Physio Live

10<sup>TH</sup>

Knowledge session 5  
Next steps  
Tips and Tricks

15<sup>TH</sup>

🕒 1pm - 2pm  
Yoga

16<sup>TH</sup>

🕒 11:30am - 12:30pm  
Physio Live

17<sup>TH</sup>

Cooking demonstration  
Garden produce

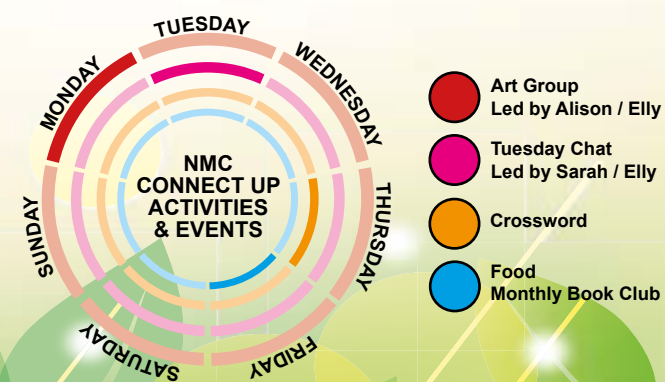
Please sign up by phoning for a block of sessions, whether physical attendance or virtual.

For Virtual sessions on Zoom, we will send you a link.

If you wish to attend in person, please pre-book.

### Details of participation:

🍷	→ Knowledge Sessions	Zoom
🍷	→ Cooking demonstration / garden	Option to attend / Zoom
🍷	→ Physio Live	Zoom
🍷	→ Yoga	Zoom



- 🍷 Art Group Led by Alison / Elly
- 🍷 Tuesday Chat Led by Sarah / Elly
- 🍷 Crossword
- 🍷 Food Monthly Book Club