

## Christmas Wellbeing Gentle Running



**Do you find the onset of the winter months, Christmas time, or the long dark evenings add to your anxiety or stress or generally lower your mood?  
Does working from home leave you feeling isolated?**

Gentle running can help lift your spirits and mood. Getting started, and keeping going, can be challenging at times, so South Gloucestershire Council's Active in Life team have organised a course for only £10 at Page Park in Staple Hill.

Beginning on **Wednesday 5th December at 2pm** and running right through the Christmas holidays into the New Year - there will be a Mental Health Ambassador at the events and an opportunity to enjoy a social chat and a hot drink afterwards at the Bean Tree Cafe.

[www.southglos.gov.uk/SportsPound](http://www.southglos.gov.uk/SportsPound)