

FFWPU UK Online Well-Being Programme

Michael Balcomb

January 11, 2021

Organised by the Bromley Community Committee



7-Week Programme – Every Tuesday at 6pm GMT

Session 1: Tuesday 19th January

[Register Here](#)

Are you living well?

Join our Well-being program!

7 short presentations/exercises spread over 7 Tuesdays will help you to check on your well-being, learn useful techniques and gain deeper connection with yourself and your roots.

Starting date January 19th 2021, 6 pm.

Self-Love Flow Connection & Belonging
Involving Knowing your self
Mindfulness Connecting to the roots

Live Well

Program prepared by Vladimir Barkanov and delivered by Bromley community committee.

A small, dark, round object, possibly a candle or a small pot, with a label that says "Live Well". It is placed on a dark surface against a background of a textured, reddish-brown surface.

WELLBEING

Well-Being Program

 18:00 every Tuesday starting 19 January 2021 (7 sessions) | Please fill out this form and click submit.

Are you living well? Join our Well-Being Program!

7 short presentations/exercises spread over 7 Tuesdays will help you to check on your well-being, learn useful techniques and gain deeper connection with yourself and your roots.

Presented by Vladimir Barkanov and hosted by FFWPU Bromley Community.

Name

Email

This address will receive a confirmation email

Country

GDPR

By completing this form I am consenting to have my personal data stored and used by FFWPU as outlined in the [Privacy Policy](#).

I also confirm that I meet or am above the legal minimum age for data consent, which in the UK is 13.

I am aware that I may contact FFWPU for a copy of the data they hold on me and/or to have my data removed at any time and that I must allow up to 30 days from the request being made for this to be carried out.

I have read, understood and give my consent

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