

# mid sussex wellbeing

## Counterweight Courses being delivered by Health Champions in Mid Sussex January to April 2013

	Burgess Hill	East Grinstead	Crawley Down
<b>Venue</b>	Burgess Hill Rugby Club Poveys Close Burgess Hill RH15 9TA	The Old Court House East Court College Lane East Grinstead RH19 3LS	The Haven Centre Hophurst Lane Crawley Down RH10 4LJ
<b>Day/Time</b>	Friday Morning	Wednesday Afternoon	Thursday Morning
<b>Individual Appts</b>	9.30am – 11.30am	2pm – 4pm	9.30am – 11.30am
<b>Group Session</b>	11.30am – 12.30pm	4pm – 5pm	11.30am – 12.30pm
<b>Proposed dates</b>	<ul style="list-style-type: none"> <li>• 11<sup>th</sup> Jan</li> <li>• 25<sup>th</sup> Jan</li> <li>• 8<sup>th</sup> Feb</li> <li>• 15<sup>th</sup> Feb (week early as 22<sup>nd</sup> is half term)</li> <li>• 1<sup>st</sup> March</li> <li>• 15<sup>th</sup> March</li> <li>• 5<sup>th</sup> April (as 29<sup>th</sup> March is Good Friday. This is Easter week – could go for 12<sup>th</sup> April)</li> </ul>	<ul style="list-style-type: none"> <li>• 9<sup>th</sup> Jan</li> <li>• 23<sup>rd</sup> Jan</li> <li>• 6<sup>th</sup> Feb</li> <li>• 13<sup>th</sup> Feb (week early as 20<sup>th</sup> is half term)</li> <li>• 27<sup>th</sup> Feb</li> <li>• 13<sup>th</sup> March</li> <li>• 27<sup>th</sup> March</li> </ul>	<ul style="list-style-type: none"> <li>• 17<sup>th</sup> Jan</li> <li>• 31<sup>st</sup> Jan</li> <li>• 14<sup>th</sup> Feb</li> <li>• 28<sup>th</sup> Feb</li> <li>• 14<sup>th</sup> March</li> <li>• 28<sup>th</sup> March</li> <li>• 11<sup>th</sup> April</li> </ul>
	<p>Courses run fortnightly except when there are bank holidays which affect this schedule.</p> <p>6 x 1:1's and 12 places available at the Group Sessions – a total of 18 places per Course</p>		