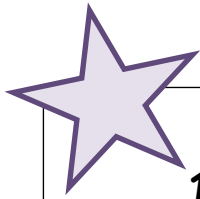


Cwm-Ni Iach – Healthy Company

Upcoming Activities



Walk & Talk

17th November 12:30pm – Pontneddfechan Waterfalls

24th November 12:30pm – Neath Canal

1st December 11am – 1pm – DOVE for Coffee & Mince Pies

Actif Woods

We are holding a Taster day 27th November 11am -2pm
At Sarn Helen Community Garden to try out some Woodwork &
Bushcrafting Activities with a festive theme!

Stress Management

We are running our Stress management course at
Glynneath Training Centre
From 27th January 2016 6-8pm (Every Wednesday for 6 weeks)

Mental Health First Aid

2 session course to run at DOVE Workshop on
Saturday 23rd January & Saturday 30th January 2016
Time TBC – Limited spaces!

Mindful Photography- with Sue Stradling

Introduction to mindfulness & how we can use photography to
enrich the experience.

Friday 18th March 2016 –Booking required– Limited Spaces!

Please ring 01639 700024 for more info!

