



Community Links and Leeds IAPT are proud to announce our '**Live Well in Later Life**' group for older adults, a 4 week course for those who may have experienced changes in mood, sleep or worry and would like to reconnect with the things they enjoy.

### **Overview**

- **Session 1:** An introduction to the class followed by learning how changes in our outlook can affect us physically, including impacting our sleep.
- **Session 2:** We look at how what we do can affect how we feel as well as introducing some techniques that can help relieve stress.
- **Session 3:** We follow on from session 2 and look at how worry can affect us.
- **Session 4:** We review what we have learned so far and plan how we can maintain our progress in our journey to improved wellbeing.

The first class will start on 21<sup>st</sup> November and run for 4 weeks each Wednesday at 9:30am in Roundhay.

Booking is easy via our website

<https://www.leedscommunityhealthcare.nhs.uk/iapt/living-well-in-later-life/> (where you can also find more information) or by phone on 0113 200 9188.

We would be grateful if you could share the attached leaflet with your contacts and please do not hesitate to contact the team for more information.

Kind Regards

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Community Links IAPT