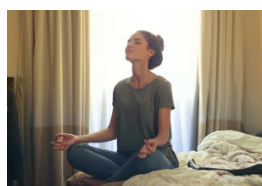


Health and Wellbeing online courses autumn 2020

Spotlight on lecturer Amy Toner



Welcome to our new lecturer Amy Toner. Amy completed a Master's degree at The London School of

Contemporary Dance and currently leads adult dance classes at Rambert School of Contemporary Dance and Ballet. She has led family workshops at The Royal Academy of The Arts and at Broadwater Farm Estate. She is a certified children & family yoga teacher. She is incredibly passionate about empowering people to learn, experiment and reach their full potential

in a nurturing, creative and inspiring environment. Amy has a wealth of experience in delivering lessons to both adults and children, specialising in working with families and SEND learners.

Location: These courses will be online. For live Zoom webinars, please check you have the Zoom webinar software on your computer or device.

To enrol on a course, please [book online](#). You can also note the course code (below) and phone 020 8496 2974 or [complete our enrolment form](#) to join a course.

Missed an online course? We record most of our online sessions, so please enrol to access videos.

Health and Wellbeing for adults

Course code	Course title	Location	Start date	End date	Day	Time	Fee
CO00002C2	Gentle seated exercise for seniors	Online	16/11/2020	14/12/2020	Mon	10–11am	FREE
CO00020C2	Music and movement (SEND)	Online	17/11/2020	15/12/2020	Tue	10–11am	FREE
CO00001C2	Dance and fitness for wellbeing	Online	19/11/2020	17/12/2020	Thu	10–11am	FREE

Course code	Course title	Location	Start date	End date	Day	Time	Fee
CO00045C2	Balance, movement and music for wellbeing	Online	19/11/2020	17/12/2020	Thu	11.15am–12.15pm	FREE
CO00036C2	Upbeat afternoon movement and dance	Online	19/11/2020	17/12/2020	Thu	1–2pm	FREE
CO00022C2	Upbeat evening adult and movement dance	Online	19/11/2020	17/12/2020	Thu	7–8pm	FREE
HE00001C1	Online gentle yoga with guided relaxation	Online	19/11/2020	17/12/2020	Thu	7–8pm	£25
CO00039C2	Music and movement for dementia	Online	20/11/2020	18/12/2020	Fri	10–11am	FREE
HE00007C1	Mindfulness for stress and uncertainty/ anxiety	Online	14/11/2020	12/12/2020	Sat	10–11.30am	FREE

Health and wellbeing for parents and families

Course code	Course title	Location	Start date	End date	Day	Time	Fee
FA00006C4	Yoga, meditation and mindfulness for families (5–15 year olds)	Online	18/11/2020	16/12/2020	Wed	4–5pm	FREE
FA00067C3	Learn maths whilst dancing for families (under 5s)	Online	19/11/2020	17/12/2020	Thu	11.15am–12 noon	FREE
FA00017C4	Yoga and mindfulness for wellbeing for parents/carers	Online	19/11/2020	17/12/2020	Thu	1–2pm	FREE
FA00024C4	Family dance workout (mixed ages 5–15 year olds)	Online	19/11/2020	17/12/2020	Thu	4.15–5.15pm	FREE

Locations

- **Online:** you will receive access information after you have successfully enrolled.

How to enrol

- If you do not need to do an assessment for your course, you can [book or enrol online](#).
- You can also note the course code and phone 020 8496 2974 or [complete our main enrolment form](#) to enrol.

Information, advice and guidance

To find out more about the **Waltham Forest Adult Learning Service**, how to enrol, our wide range of courses or how we can help you, please contact us:

Email: adult.learning@walthamforest.gov.uk

Phone: 020 8496 2974