

THE Wellbeing JOURNEY



What is The Wellbeing Journey?

The Wellbeing Journey is a new series exploring holistic wellness: body, mind and spirit.

It's based around seven key areas of wellbeing – the wellbeing mindset, physical, emotional, spiritual, relational, financial and vocational – to help you discover how to run on a full tank.

Ballinamallard & Trillick Circuit

are running The Wellbeing Journey from

**Tuesday 21st September –
Tuesday 9th November
(Weekly)**

Venue: Ballinamallard Methodist Hall

Time: 8pm

To join the Group, please book by either emailing or phoning Rev Beacom or Jill Keys

Email:

john.beacom@irishmethodist.org

jillkeys2@hotmail.com

Phone:

Rev Beacom – 07753 936685

Jill Keys – 07849 147319

This course will replace Bible Study and House groups during the period it is running.



Are you living on empty? *Maybe it's time to refill*

The 8-part series is presented by Simon Thomas (ex Sky Sports/ Blue Peter) and Joanna Abeyinka (CBeebies)

The course is based around key areas of wellbeing

- physical
- emotional
- spiritual
- relational
- financial
- vocational

'As someone who has been through my own struggles with wellbeing, I can't recommend this series enough.'

TV presenter **Simon Thomas**

Discover how to run on a full tank in 2021

Let's all do this together

- ❖ **Travel with OTHERS for greater wellbeing**
You will make the most of the Wellbeing Journey if you travel with others. Meet in the Hall and let's start the journey together.
- ❖ **Watch the Films**
There will be an introduction then seven key areas of wellbeing to explore: the wellbeing mindset, physical, emotional, spiritual, vocational, relational and financial.
- ❖ **Fuel Up**
Find fuel for the journey in the book 'God's Plan For Your Wellbeing' – 50 daily thoughts to help you through the series. Speak to John or Jill to find out how to get this book.
- ❖ **Discuss**
In small groups have the opportunity to discuss what you are learning and how to apply it to your own life.
- ❖ **Act**
Hold each other accountable each week as you make this journey together.