

Can we help you?

Who are we?

Wigan Wellness



Well-being practitioners that work with community groups to provide alternative health and wellbeing classes / events. Particular focus on reducing mental ill health, social isolation and promoting wellbeing, all which reduces demand on social services and NHS.

Area we can help in

Anywhere in the Borough.

How we can help you?

Wellness sessions for marginalised groups for example Chair Yoga, Chair Aerobics, Relaxation sessions, Wellness Techniques, Mindful Art, Pop Up Holistic Therapy Sessions. We will listen to your needs and put a collaborative funding bid together to cover costs.

How to contact us

Email Deborah at
wiganwellnessweb@gmail.com

