

# Free Taster Courses for Adults in Colchester



A series of FREE taster courses with an experienced WEA tutor  
at the **Castle Methodist Church Maidenburgh St, CO1 1TT**

## A Taste of Creative Writing

Tuesday 4<sup>th</sup> July 10am – 12pm



This session will introduce Creative Writing exercises designed to help you tackle the blank page. It will give you the confidence you need to create interesting pieces of fiction. Work will be shared in a supportive, fun environment.

## A Taste of Mindfulness

Saturday 22<sup>nd</sup> July 10am – 1pm

Would you like to try mindfulness and meditation and are not sure where to begin? This session aims to introduce you to mindfulness and will show you how to start, to feel better and reduce stress.



**Places are limited on all activities – booking essential  
TO BOOK A PLACE**

**Please contact Henry Baker - email: [HBaker@wea.org.uk](mailto:HBaker@wea.org.uk)  
or telephone **01223 417326 / 07917 001065****

**Adult learners 19+ only**

For more information about the WEA in the Eastern Region, please contact the regional office:

**Telephone: 01223 417320 or email: [eastern@wea.org.uk](mailto:eastern@wea.org.uk)**



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