

5 Ways to Wellbeing

This half-day workshop will introduce the Five Ways to Wellbeing and explore opportunities for participants to put them into action in their own lives. It is for anyone who feels they might benefit from making positive changes to their health and wellbeing.

The Five Ways to Wellbeing are:

Connecting with Others,

Taking Notice (of the world around you),

Being Active,

Giving (to others or to society in general) and

Keeping Learning.

The workshop will be available at a variety of venues and times across Bath and North East Somerset throughout 2017.

Please choose the venue and date that suits you from all the options below, and give us a ring to book your place.

Is there a cost?

No, this activity is free of charge.

Who is this aimed at?

Everyone, all ages.

Any special instructions?

No special instructions

Contact Details

The Wellbeing College

Phone: 01225 831820

Email: enquiries@wellbeingcollegebanes.co.uk

When & where does it start?

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|---|---------------|-----------|---|
| Thursday 7th June, ending Thursday 7th June | 10:30 - 13:30 | 1 session | Percy Community Centre New King Street Bath BA1 2BN 01225 831820 |
| Thursday 5th July, ending Thursday 5th July | 10:30 - 13:30 | 1 session | Midsomer Norton Town Hall The Island Midsomer Norton BA3 2HQ 01225 831820 |

Booking is essential to ensure your place on the activity. Most courses are free but if a charge applies, that is indicated above.

Call 01225 831 820 or email enquiries@wellbeingcollegebanes.co.uk for more information or to book your place.

www.wellbeingcollegebanes.co.uk