

# Wellbeing College Courses

# 01

Starts: 9.00 Ends: 4.00

Various venues.

Nov

## Date

23 April 2019

## Start Time

09:00

## End Time

16:00

## Event Name

Wellbeing College Courses

## Organiser

Wellbeing College

## Description

We are here to guide you and support you to improve your wellbeing, whatever stage you are at. We have gathered together lots of information about courses, activities and groups that are happening around Bath and North East Somerset to support people's wellbeing. We hope that you will find something here that interests you, whether it be a one-off activity or a longer term course spread over several weeks. Most of our courses are free and are offered to B&NES residents who are aged 16 and over, or people who are registered with a GP in B&NES.

If you feel rather overwhelmed by the number of courses to choose from why not give us a ring and one of our advisers will help guide you to make an informed choice.

If you would like some 1:1 support and guidance we can offer you a free Wellbeing Advice session. Our adviser can meet up with you for an informal chat at a suitable location near to where you live. Visit our calendar of courses to find out if there's one to suit you.

<http://wellbeingcollegebanes.co.uk/index.php/Calendar>

## Contact Details

Tel: 01225 831820

Email: [enquiries@wellbeingcollegebanes.co.uk](mailto:enquiries@wellbeingcollegebanes.co.uk)

## Link URL

<http://wellbeingcollegebanes.co.uk/index.php>

## Repeats

This occurs Weekly on Weekdays.

The next 8 upcoming scheduled dates are:

- 23 April 2019
- 24 April 2019
- 25 April 2019
- 26 April 2019

- 29 April 2019
- 30 April 2019
- 01 May 2019
- 02 May 2019

**Address**

Various venues

## Event reminders

You can send yourself a reminder email three days prior to events taking place. 'Wellbeing College Courses' took place on 01 November 2016.