

# Community & Social Action

## 5 Ways to Wellbeing

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Are you nervous about returning to education? This course is the perfect place to start for an introduction to Northern College.

### When does this start and end?

We have 11 different dates for this one-day course:

- 17 January 2024
- 31 January 2024
- 14 February 2024
- 28 February 2024
- 13 March 2024
- 27 March 2024
- 10 April 2024
- 24 April 2024
- 8 May 2024
- 22 May 2024
- 19 June 2024

### What are the entry requirements?

No formal qualifications needed, this course is for new students only.

### Need more information?

You can find out more about Northern College and the courses on offer by calling us on 01226 776000 or emailing us [courses@northern.ac.uk](mailto:courses@northern.ac.uk)

## Course description

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During this course you will explore the house and gardens practicing each of the 5 Ways to Wellbeing with a little Arts and Crafts thrown in. You will look at ways to improve your own wellbeing and also have the chance to find out about more of the courses offered here at Northern College.

## What can this course lead to?

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This course is the perfect start and introduction to Northern College. We will work with you on your next steps.

## Want to learn more?

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You can find out more about Northern College and the courses on offer at one of our Open Events [<https://www.northern.ac.uk/open-events/>]

## Location

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1-Onsite

## Course session dates

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