

Community & Social Action

5 Ways to Wellbeing

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?	What are the entry requirements?	Need more information?
<p>We have 2 different dates for this one-day course:</p> <ul style="list-style-type: none">• 22 May 2024• 19 June 2024	<p>No formal qualifications needed, this course is for new students only.</p>	<p>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</p>

Course description

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?

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

Want to learn more?

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

1-Onsite

Course session dates

This is a one-day course for

- 22 May 2024
- 19 June 2024

Last updated: 13th May 2024