AUTUMN 2020
WELLBEING COURSES

With Hannah Sharples

'KEEP CALM AND CARRY ON – USING MINDFULNESS AND MEDITATION TO HELP YOU RELAX'

Tues 17th November 2020 14:00 – 16:00
(ref C2344227) 5 sessions £32.00

'GET CONFIDENT, GET TALKING – TECHNIQUES TO IMPROVE YOUR CONFIDENCE AND COMMUNICATION'

Thurs 19th November 2020 14:00 – 16:00
(ref C2344228) 5 sessions £32.00

'FACING YOUR FEARS – HOW TO OVERCOME EVERDAY ANXIETY'

Fri 20th November 2020 14:00 – 16:00
(ref C2344226) 5 sessions £32.00

The above courses are all face to face and are being held at The Mill, Lodge Lane, Derby, DE1 3HB. There is a limit of 8 places due to Covid 19. Please bring a face covering when you attend. Call 01332 291805 for further information on the venue.

To enrol on a course, please quote the course reference C234**, either online at wea.org.uk or by calling 0300 303 3464.**
Courses are FREE for students on means tested benefits.

European Union European Social Fund · matrix · Education & Skills Funding Agency

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WEA Adult Learning Within Reach