

Five steps to Well-being

WHERE:

Online via Zoom

WHEN:

12th May 2021

TIME:

19.00pm - 19.30pm



This is an online workshop covering a set of evidence based actions to improve personal wellbeing. It will introduce and explain the five steps to wellbeing and then discuss, explore and plan how you might incorporate these steps into your daily life.

**FREE
ONLINE
COURSE**

Interested in a course?

Get in touch and register today:



NI: (028) 71296183



NI: recoverycollegewest@westerntrust.hscni.net