

# Five steps to Well-being

## WHERE:

**Online via Zoom**

## WHEN:

**12<sup>th</sup> 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:**



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