

Title: Five Ways to Wellbeing

Audience: This is a 1 hour introductory workshop
*Delegates only need to attend 1 session

Description: We will explore the 5 ways to wellbeing and introduce the training pathway that will be available for staff to support many aspects of wellbeing and mental health

Objectives: By the end of this course you will:

- Have an awareness of the 5 Ways to Wellbeing
- An understanding of the training pathway around wellbeing and mental health

Dates	Times
13 January 2022	1.30pm – 2.30pm or 6.30pm – 7.30pm
24 February 2022	1.30pm – 2.30pm or 6.30pm – 7.30pm
24 March 2022	1.30pm – 2.30pm or 6.30pm – 7.30pm

Venue: Castle Hill Centre, Castleton St, Bolton BL2 2JW

Facilitators: Janet Birchall & Sharon Wilson

Price: No Charge

Booking Info: Please email learninganddevelopment@bolton.gov.uk with the following information: course title, date and time, your full name and your organisation name, address and contact details

Cancellation: To cancel your place, please notify the Learning and Development Team on 01204 337600 or email learninganddevelopment@bolton.gov.uk
You must cancel your place at least 2 weeks prior to the course date, otherwise the following charges will apply-

- 2 weeks or more – No Charge
- 1-2 weeks prior - £25.00
- The week of the training course Full Cost – Non-attendance Full Cost

IMPORTANT - If your course is free of charge and you cancel within 2 weeks or do not attend, you will be charged £25.00