

- Title:** Wellbeing at Home and Work: what causes well-being to dip?
- Audience:** For anyone who wishes to become more aware
- Description:** This half day course will help you to increase well-being in yourself and your co-workers.
- It will also give some steps that will help at home and in the workplace

Courses:	Dates	Times
	20 October 2021	1.30am – 4.30pm
	24 November 2021	1.30am – 4.30pm
	8 December 2021	1.30am – 4.30pm
	19 January 2022	1.30am – 4.30pm
	9 February 2022	1.30am – 4.30pm
	16 March 2022	1.30am – 4.30pm
	20 April 2022	1.30am – 4.30pm

- Venue:** Friends Meeting House, 50 Silverwell St, Bolton BL1 1PP
- Facilitator:** Re-Align Futures
- 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