

## Course details

### Course title

Ways to Wellbeing: 5 Ways to Wellbeing

### Course code

Q00009860

### Course date

Start: 09/01/25

End: 27/02/25

### Number of classes

8 sessions

### Timetable

Thu 9th Jan, 11:00 to 16:00

Thu 16th Jan, 11:00 to 16:00

Thu 23rd Jan, 11:00 to 16:00

Thu 30th Jan, 11:00 to 16:00

Thu 6th Feb, 11:00 to 16:00

Thu 13th Feb, 11:00 to 16:00

Thu 20th Feb, 11:00 to 16:00

Thu 27th Feb, 11:00 to 16:00

### Tutor

Katie Dexter

### Fee range

Free to £117.60

### How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!  
In venue

## Venue

NST Hub (North Somerset Training Communi  
31 Alexandra Parade  
Weston-super-Mare  
BS23 1QZ

## Level of study

Beginners

## Course overview

On this course you will learn about the 5 ways to wellbeing and how we can embed them in our daily lives.

## Course description

This course offers simple and practical techniques we can use to enrich the quality of our day-to-day lives. The course focusses on connecting, learning, being active, noticing and giving.

## What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

## What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

**Source URL:** <https://www.wea.org.uk/courses/skills-life/health-wellbeing/9-january-ways-wellbeing-5-ways-wellbeing>