



Course details

Course title

Care 2: Staying calm at Christmas

Course code

Q00019076

Course date

Start: 16/12/24

End: 16/12/24

Number of classes

1 sessions

Timetable

Mon 16th Dec, 13:00 to 14:30

Tutor

Georgia Daniel

Fee:

Free

How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

Venue

Online

Level of study

Beginners

Course overview

All our Care2 courses are completely free for unpaid carers (or those who have previously been carers). You do not need to receive a carer's allowance to qualify. If you are unsure, please contact our call centre advisors who will be able to assist you. If you find Christmas stressful, why not treat yourself or a loved one to a gift of health and wellbeing? Have you ever been interested in helping yourself holistically? This course will take you through the fascinating art of reflexology where we will explore the roots and history of this amazing subject.

Course description

All our Care2 courses are completely free for unpaid carers (or those who have previously been carers). You do not need to receive a carer's allowance to qualify. If you are unsure, please contact our call centre advisors who will be able to assist you.

Learn how you can alleviate a headache, ease digestive discomfort and access the body through the feet. You can even start working on your loved ones and make life a bit more comfortable over the Christmas period.

This course is open to absolute beginners right through to those who have a little experience in the subject.

Course aim is to empower individuals to help themselves and share knowledge with friends and family.

Source URL: <https://www.wea.org.uk/courses/skills-life/health-wellbeing/16-december-care-2-staying-calm-christmas>