

Learning on Prescription Wellbeing Taster Sessions

This course is part of the Learning on Prescription Pilot
funded by South Yorkshire ICS.

Training provided by Transform Training.

**FREE
& Lunch is Provided**

First session - Tuesday 6th December
6 weekly themed sessions, each Tuesday
12pm - 12.30pm - Lunch
12.30pm - 3pm - Wellbeing training
(no session on 27th December)

Venue:
BCVS,
Priorswell Road, Worksop,
S80 2BU

Attend whichever sessions suit your needs

Transform your wellbeing

Stress Less

**Wellbeing
Toolbox**

**Positive
affirmations**



**Making a
change**

**Emotional
Resilience**

**New Year,
New Start**

**BOOK
NOW**

To secure a free place please speak to your
Social Prescribing Link Worker or email bcvs@bcvs.org.uk

You can also sign up online by scanning
this QR code:



BCVS
Bassetlaw Community and Voluntary Service



Bassetlaw Community and Voluntary Service

Old Abbey School, Priorswell Road, Worksop, S80 2BU

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Charity Number: 1140782