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.

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)

FREE & Lunch is Provided

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

Attend whichever sessions suit your needs

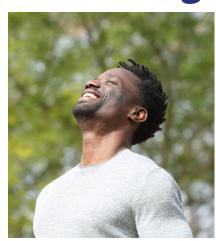
Transform your wellbeing

Stress Less

Wellbeing Toolbox

Positive affirmations





Making a change

Emotional Resilience

New Year, New Start



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:









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