

New Leaf Wellbeing College



The Hertfordshire
Wellbeing College

Courses

Dates

Times

➔ Setting your Learning Goals	Wednesday 10th January	9:30am-12:30pm
➔ Sleeping Well	Wednesday 28th February	1:30-4:30pm
➔ Mindfulness for Daily Life	Mon 5th, Tues 6th, Wed 7th March	1:30-4:30pm
➔ Understanding Stress	Thursday 8th March	1:30-4:30pm

New Leaf Wellbeing College offers a range of free educational courses to help you take better control of your wellbeing, learn some practical skills and provide an opportunity for reflection.

FREE
Courses in
Letchworth

For more information or to enrol visit

newleafcollege.co.uk

or call 01442 864 966



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