

# GoLearn!

Leicestershire Adult Learning Service

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County Council

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 matrix

 Education & Skills  
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## Mental Health

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### The WELL

KIBWORTH

## FREE 5 Ways to Wellbeing

@ The Well Kibworth  
21<sup>st</sup> Nov 2022 - 2pm to 4pm

On this FREE course you will learn about the 5 key activities that research has show can boost wellbeing and good mental health. During the session you will explore each of the 5 Ways to Wellbeing and create a personalised and practical plan to incorporate them in everyday life.

The 5 Ways to Wellbeing are:

- Connect
- Be active
- Keep learning
- Give
- Take notice

For more information, and to enrol,  
contact your Local Area Coordinator:

**Amy Kirk – 07526 927358**  
**Sarah McKenzie – 07732 824024**



Call **FREEphone 0800 988 0308** [leicestershire.gov.uk/GoLearn](https://leicestershire.gov.uk/GoLearn)  
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All our venues are Covid-19 compliant in line with government guidelines to ensure the continued safety of our learners and staff. If you have any issues or concerns please call our FREEphone number.