Learn2b Courses- 2019

Northampton

Course: SLQD01WZ Introvert Survival Guide
Venue: Hardingstone Village Hall, Northampton
Time: 11:00- 17:00
Date: Sunday 13/01/2019

Course: SLQH01WZ Sleep Awareness
Venue: Moulton Community Centre, Northampton
Time: 10:00- 12:30
Dates: Wednesday 16/01/2019 and 23/01/2019

Course: SLRL02WZ Menopause and Mental Wellbeing
Venue: Venue: Moulton Community Centre, Northampton
Time: 18:00- 20:00
Dates: Every Wednesday from 23/01/2019 to 27/02/2019

Course: SLRB01WZ Managing Stress and Anxiety
Venue: Hardingstone Village Hall, Northampton
Time: 10:30- 13:00
Dates: Every Thursday from 24/01/2019 to 21/02/2019

Course: SLGA01WZ Art for the Anxious
Venue: Moulton Community Centre, Northampton
Time: 11:00- 16:00
Dates: Sunday 03/02/2019 and 10/02/2019

For further information and to enrol:
E: Learn2b@firstforwellbeing.co.uk
C: 01604 368023
Course: SLQB02WZ Power of Gratitude  
Venue: Moulton Community Centre, Northampton  
Time: 10:00- 12:00  
Dates: Every Wednesday from 20/02/2019 to 13/03/2019

Course: SLGA03WZ The Magic of Collage  
Venue: Moulton Community Centre, Northampton  
Time: 13:00- 16:00  
Dates: Every Wednesday from 20/02/2019 to 13/03/2019

Course: SLRD01WZ Mindfulness for Beginners  
Venue: Hardingstone Village Hall, Northampton  
Time: 11:00- 14:00  
Dates: Every Thursday from 28/02/2019 to 28/03/2019

Course: SLGA02WZ Art Medicine  
Venue: Moulton Community Centre, Northampton  
Time: 11:00- 16:00  
Dates: Sunday 10/03/2019 and 17/03/2019

Kettering  
Course: SLRE01WZ Rest, Re-Energise and Retreat  
Venue: Corn Market Hall, Kettering  
Time: 10:00- 16:00  
Date: Saturday 26/01/2019

For further information and to enrol:  
E: Learn2b@firstforwellbeing.co.uk  
C: 01604 368023
Wellingborough

Course: SLQD02WZ Introvert Survival Guide

Venue: The Victoria Centre, Wellingborough

Time: 10:30-12:30

Dates: Every Saturday from 09/03/19 to 23/03/2019

Please continue to the next page

For further information and to enrol:
E: Learn2b@firstforwellbeing.co.uk
C: 01604 368023
Learn2b Open Days 2019

Come along and experience a variety of the sessions that are offered by Learn2b. You will get the opportunity to talk with our tutors, exploring the ways that our programme can help you to improve your mental and emotional wellbeing.

**Wellingborough**
Venue: Wellingborough Library
Time: 11:00- 16:00
Date: Thursday 14/02/2019

**Northampton**
Venue: Moulton Community Centre
Time: 11:00- 16:00
Date: Friday 15/02/2019

**Corby**
Venue: Kingswood Neighbourhood Centre
Time: 11:00- 16:00
Date: Saturday 16/02/2019

**Kettering**
Venue: Corn Market Hall
Time: 11:00- 16:00

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FURTHER COURSE INFORMATION TO FOLLOW IN THE NEW YEAR.

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