



A STEP TOWARDS A MORE BALANCED LIFE

STAYING WELL (ONLINE)

A **FREE** 4-week online course will help you discover new strategies and techniques to help build resilience to stress, anxiety and depression through positive psychology and coping strategies.

ON THIS COURSE YOU WILL:

- **DEVELOP MENTAL AND PHYSICAL STRATEGIES TO MANAGE ANXIETY AND STRESS**
- **IDENTIFY ACTIVITIES TO DO AT HOME TO IMPROVE WELLBEING**
- **STAY SOCIALLY CONNECTED WITH OTHERS**
- **LEARN AND PRACTICE MINDFULNESS TECHNIQUES**

This course is **FREE** and funded through Bedford Borough Council, Central Bedfordshire Council, The Education and Skills Funding Agency and the European Social Fund.

*NOAH Academy, 20-22 High Town Road, Luton LU2 0DD.
Charity Registration Number 1059672*

COURSE INFORMATION

This course takes place on
2 days a week, **3 hours** a session

NEXT START DATES:

17th August 2021
21st September 2021
2nd November 2021

Who?

This course is designed for anyone that would like help to manage stress and anxiety through mindfulness and positive psychology

This course will be run online using Zoom, you will need access to a computer, smartphone or tablet and working internet.

Booking

Please contact us to book a place a place for the next available date.

 academy@noahenterprise.org

 **01582 726 152**