

Promoting Wellbeing



Adult

This course will help provide some useful tips and activities you can do from home to promote wellbeing.

This is particularly important as we cope with the current circumstances and the stress of daily life.

There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world.



Scan the QR Code for full course description, assessment and progression options from this course



ENTRY REQUIREMENTS



LOCATION & NEXT START DATE(S)

Bicton College - 7 April 2025



LEVEL Entry Level	DURATION 1 day
ATTENDANCE Full-time	FEES Tuition Fees: £9.00

Fees apply to adults and HE students only. Only the most common fees scenario is shown. Actual fees may vary depending on your personal situation. Please contact us for further information. Courses listed on this website are indicative of the subject, nature and level of study. The College reserves the right to alter specific qualifications titles, awarding bodies and levels of qualification, which can change in year. Any cost may also vary, based on personal funding eligibility. The Cornwall College Group reserves the right to withdraw any course listed at any time.



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apply online**



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Join us for a campus tour, meet our dedicated team, and get all your questions answered. Scan the QR code to register for our next Open Event or Taster Day.



Find out more and
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