

FREE

Workshops & Courses

HEALTH & WELLBEING

Improve your health & wellbeing
& bring fresh opportunities into your life!

There's a wealth of health & wellbeing
& personal development workshops to choose from!

We aim for our workshops and courses to develop stronger communities across Somerset, build your confidence and encourage you to get the best out of life. Do remember to check back regularly as new courses are added regularly.

We hope you enjoy your journey with us...

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Art



Mood & Food



Mental Health
& Wellbeing



Walking



Environmental
Therapy



Aromatherapy



Value Yourself
& Gain Confidence



Self Care



Reduce
Inflammation



And more!

sslcourses.co.uk/about/news/health-and-wellbeing

Free to Somerset residents aged 19+. Correct at time of publication. Call us or go online for more courses!

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