

Introduction to Relaxation

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These sessions will explore the links between stress, relaxation and wellbeing.

Students can look at ways of reducing stress and use relaxation exercises to live a healthier life.

When: 02.05.19 – 13.06.19

Where: St Marks Primary School, Sussex Way, London, N19 4JF

How long: 6 sessions

Time: 09.15am - 11.15am

Cost: £36.00

If you receive certain benefits you may be entitled to a free course.

Reference: C2420759

Book today:

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0300 303 3464



Education & Skills
Funding Agency



The WEA is a charity registered in England and Wales (no. 1112775) and in Scotland (no. SC039239).

Health and Wellbeing



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