



KEEP WELL Health and Wellbeing Programme

COURSE DESCRIPTION

Part of our Wellbeing programme, this course will explore how we can ensure we are keeping ourselves well.

REQUIREMENTS

- Learners should have an interest in self development

MODULES

- N/A

MAJOR AWARD

- N/A

ACCREDITATION

- N/A

DURATION

- 10 weeks

COST

- €10 Registration (non-refundable)