

# Skills for Life and Work

## Health and Wellbeing Day

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### What are the entry requirements?

No formal qualifications are required to study this course. A willingness to learn is essential.

### Need more information?

You can find out more about Northern College and the courses on offer by calling us on 01226 776000 or emailing us [courses@northern.ac.uk](mailto:courses@northern.ac.uk)

## Course description

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Our Wellbeing Day is a fun-filled learning day of activities to help you prepare for the spring and summer. You will discover the five ways of wellbeing and how by embracing these simple activities you can improve your health, motivation and aspire to bigger and greater things. The five ways to wellbeing are: - Connect with others - Be active - Be mindful - Learn new skills - Give to others We are surrounded by over 500 acres of National Trust gardens and parkland. Come along to learn, laugh and enjoy the beautiful gardens. You can invite your friends to apply too, and buy lunch in college or bring a picnic.

There is even a bus from Barnsley Interchange that drops you off right outside the door and is only a one pound per journey if you are a student. There is also free parking on campus.

## Want to learn more?

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You can find out more about Northern College and the courses on offer at one of our Open Events [<https://www.northern.ac.uk/open-events/>]

## Location

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On-site

**Last updated:** 11th July 2024