

## LIVING WELL

**Free\* courses for wellbeing**

Watercolour for Beginners, Creative Writing

Design for Craft, plus lots more!



Are you feeling low or depressed?

Do you feel nervous, anxious or on edge?

Or do you know someone who does?

Skills & Learning is part of a national research project collecting evidence of the impact of adult learning on people's wellbeing.

If you would like to be involved in the research please contact

Customer Services on

**01202 262300**

**Visit [www.skillsandlearningbdp.co.uk/living-well](http://www.skillsandlearningbdp.co.uk/living-well)**

\*Eligibility criteria apply