



FREE 6-WEEK WELLBEING COURSE

Do you work or volunteer for a community group, charity or third-sector organisation?

Do you have clients who would like to learn about how to protect and improve their mental health and wellbeing?



Being You Leeds and Humans Being are working together to deliver 6-week wellbeing courses to the people of Leeds. Please get in touch to ask about arranging one of these courses in your community!

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