

Only £23 for each 5 week course

Are you experiencing mild to moderate low mood, finding it difficult to manage problems, not sleeping, stress, finding it hard to go out, worrying, feeling anxious, sad or low?

If so, our Living Well PLUS courses are for you.

If you would like to learn something new and meet new people in an informal and supportive environment then these courses are for you.

To book on a Living Well PLUS course please contact a member of our Customer Service team and they will book you in for an informal discussion with one of our wellbeing advisers prior to enrolment.



Our Living Well PLUS courses are all £23 for each 5 week course.

You are welcome to access as many courses as you wish in any venue across Dorset.

Contact Us

Call our friendly
Customer Services Team
on 01202 262300



Or visit
www.skillsandlearningbdp.co.uk

01202 262300

Centres in Blandford
Bournemouth | Christchurch
Dorchester | Poole | Weymouth

infopal@poole.gov.uk

www.skillsandlearningbdp.co.uk



Living Well PLUS



Skills & Learning BDP
People and Community



@Skills_Learning

September 17

Course Code	Course Title	Start Date	Location	Times	Weeks
PM1722T	Living Well PLUS: Foundations to Wellbeing	18/09/2017	Dorchester	Mon 2-5pm	5
PM1746T	Living Well PLUS: Have Fun with Flowers	19/10/2017	Bournemouth	Thu 6-9pm	5
PM1712T	Living Well PLUS: Foundations to Wellbeing	31/10/2017	Blandford	Tue 1-4pm	5
PM1724T	Living Well PLUS: Foundations to Wellbeing	06/11/2017	Weymouth	Mon 2-5pm	5
PM1717T	Living Well PLUS: Textile Art	07/11/2017	Poole	Tue 6-9pm	5
PM1770T	Living Well PLUS: Expressive Drawing and Painting	08/11/2017	Springbourne Library	Wed 10-1pm	5
PM1708T	Living Well PLUS: Foundations to Wellbeing	13/11/2017	Bournemouth	Mon 1-4pm	5
PM1726T	Living Well PLUS: Write Well	08/01/2018	Dorchester	Mon 2-5pm	5
PM1720T	Living Well PLUS: Expressive Drawing and Painting	10/01/2018	Springbourne Library	Wed 9:30-12:30pm	5
PM1710T	Living Well PLUS: Foundations to Wellbeing	12/01/2018	Poole	Fri 1-4pm	5
PM1713T	Living Well PLUS: Foundations to Wellbeing	23/02/2018	Blandford	Fri 10-1pm	5
PM1715T	Living Well PLUS: Write Well	23/02/2018	Bournemouth	Fri 5:30-8:30pm	5
PM1718T	Living Well PLUS: Mixed Media Painting	23/02/2018	Poole	Fri 1-4pm	5
PM1725T	Living Well PLUS: Write Well	26/02/2018	Weymouth	Mon 2-5pm	5
PM1723T	Living Well PLUS: Foundations to Wellbeing	16/04/2018	Dorchester	Mon 2-5pm	5
PM1719T	Living Well PLUS: Textile Art	24/04/2018	Poole	Tue 6-9pm	5
PM1709T	Living Well PLUS: Foundations to Wellbeing	24/04/2018	Bournemouth	Tue 1-4pm	5
PM1714T	Living Well PLUS: Foundations to Wellbeing	05/06/2018	Blandford	Tue 1-4pm	5
PM1721T	Living Well PLUS: Expressive Drawing and Painting	06/06/2018	Springbourne Library	Wed 9:30-12:30pm	5
PM1727T	Living Well PLUS: Write Well	11/06/2018	Weymouth	Mon 2-5pm	5
PM1711T	Living Well PLUS: Foundations to Wellbeing	12/06/2018	Poole	Tue 6-9pm	5

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