

CONNECT AND DISCOVER

Wellbeing Through Learning

Feeling down? Anxious? Fed up?
Having trouble sleeping?



We can offer you a FREE course as a part of our research project.

What is Connect and Discover?

Connect and Discover is a research project offering free short courses to help improve your wellbeing through learning.

Who is Connect and Discover for?

Adults who:

- Are experiencing low mood, feeling down, feeling anxious or fed up
- Would like to feel stronger and more positive
- Are comfortable sharing information about their mood and wellbeing as part of a research project

What do we expect from you?

In order to take part in a course we will ask you to complete Mood and Wellbeing questionnaires at regular intervals.

Connect and Discover Project Courses

Film Making for Wellbeing	17 Jan - 14 Feb	Tuesday	13:30-16:30
Reduce Anxiety with Yoga and Meditation	19 Jan - 23 Feb	Thursday	11:00-13:30
Staying Well and Taking Control	25 Jan - 22 Feb 1 March - 6 April	Wednesday Wednesday	10:30-13:30 18:00-21:00
Writing Yourself to Better Health	31 Jan - 14 March	Tuesday	10:30-13:00
Improve your Concentration with Japanese Calligraphy	24 Feb - 31 March	Friday	13:00-15:30
Five Ways to Wellbeing with Art	2 March - 6 April	Thursday	13:30-16:00
Qi Gong for Wellbeing	3 March - 7 April	Friday	13:00-15:30
Food, Mood and Wellbeing	6 March - 3 April	Monday	13:00-16:00

Want to find out more or join one of our free courses?

- Call 020 7450 1831
- Email connectanddiscover@morleycollege.ac.uk
- Visit www.morleycollege.ac.uk/connect