

## Wellbeing through Creativity

### Course Code

ART/WELLCRE/24/3/K

### Time and duration

Start Date: 25 April 2025

Start Time: 09:30

Weeks: 2

### Location

Kingsway Learning Centre

Victoria Road

Widnes

WA8 7QY

### Description

During this course you will

Explore the link between wellbeing and creativity

Visit Hazlehurst art gallery and meet local artists

Plan how to incorporate creativity into your life to support your own wellbeing

### Eligibility

No previous experience necessary

### Cost

This course is free