

BECOMING A HAPPIER YOU



with Wirral Met College

Do you want to be happier every day and live a more meaningful life?

Using principles from positive psychology this course will teach you key skills supported by science which you can put into action straight away to help you to live in a more meaningful way and to become a happier you.

This course is free to complete and won't affect your benefits.

Course Details:

10:30AM - 2:30PM

Wednesday 12th June 2024

Book your place with the Spider Project



Spider Project, 56 Hamilton
Street, Birkenhead, CH41 5HZ