Thrive - Health and Wellbeing Programme

Provided / Operated by:

Family, Adult Community Education Service (FACES)

As part of Sheffield City Council we have a proud tradition of employing and supporting people into employment and apprenticeships.
This 5 week long course designed to empower individuals with the knowledge and skills needed to achieve holistic health and wellbeing, whilst also preparing them for professional success. Throughout this course, participants will explore a wide range of topics essential for a balanced and fulfilling life....

Opportunity Address:

Career Development Centre
Career Development Centre
Cricket Inn Road
Sheffield
S2 1TR

Costs:

Free

Contact Details:

Name: Tony Robinson
Phone: 07917067388
Email: tony.robinson@sheffield.gov.uk

Accessible:

Yes

Childcare:

No

Children allowed:

No

