

WELLBEING MASTERCLASS

In 30 minutes the Masterclass will give you
skills to help you:

Feel calmer

Have more control

TAKE CONTROL OF NEGATIVE THOUGHTS

Work more effectively

BOOST YOUR MOOD

Connect with the Warwick community

Sleep better

**FEEL GOOD AND FUNCTION WELL AT WARWICK -
IN ALL AREAS OF STUDENT LIFE...**

Monday to Thursday
4.30pm - 5pm

Wellbeing Support Services
Senate House, ground floor
(no registration required - just come along)