

Health&Wellbeing Prog-Managing Stress

This course introduces practical strategies for recognising, understanding, and reducing stress. Learners explore simple relaxation techniques, healthy coping methods, and ways to build resilience in everyday life. Delivered in a supportive environment, the course helps learners improve emotional balance and wellbeing.



Start Date: 03 December 2026
Start Time: 12:30
Lessons: 2
Weeks: 2
Hours: 4.84

Venue

Rochester Adult Education Centre
Rochester Community Hub
Eastgate
ME1 1EW