

# IPU Wellbeing in the Pharmacy Course – Change of Dates

There is a change of dates to the Wellbeing in the Pharmacy Course. The new course dates are 11 and 18 October. It runs online from 10am to 4pm both days.

This course has been designed to assist pharmacists and pharmacy staff to boost their level of wellbeing. The course covers the following topics:

1. Introduction to Wellbeing
2. The Power of Positive Emotions
3. The Science of Mindfulness
4. Building Quality Relationships
5. Discover and Apply Your Strengths
6. The Joy of Movement

For more details and to enrol click [here](#).