

## Wellbeing in the Pharmacy Course – New Start Date 14 February – Spaces Available



Building resilience is a key focus for many people now.

Did you read the article “**Building everyday resilience**” in the December 23/January 24 IPU Review by Seamus Ruane?

**This course reflects this article and will help boost the level of wellbeing in the pharmacy, help you deal with everyday challenges as well as building resilience.**

This course is run **over 6 Wednesday evenings from 8.00pm - 9.30pm starting 14 February.**

For more information about the course or to enrol click **here**.