

# Wellbeing in the Pharmacy Course – Starting 19 September



This course has been developed to assist pharmacists and pharmacy staff boost their level of wellbeing, and that of their teams.

The content covers:

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; and
6. The joy of movement.

The course runs for 6 Thursday evenings from 8.00pm – 9.30pm, and enrolment is open. For more information and to enrol [click here](#).