

# 4 Seasons Wellbeing Package

from: Healing Matters IOM

**Price:** £0.00

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## Description

4 Seasons Package Delivered as 4 quarterly programmes. 4 hours per programme (18 hours)  
To help meet your CPD requirements the seasonal package includes the Introduction to self-care talk all materials required, plus up to any four of the following subjects. All four programmes can be selected from just one season or any combination of the seasons.



<https://mail.telcodataexcellenceawards.com/classified/4-seasons-wellbeing-package-633.html>