



# Recovery & Wellbeing **ACADEMY**

A learning approach to health and wellbeing  
delivered across Coventry and Warwickshire

## **What is the Recovery and Wellbeing Academy?**

- An educational approach to improve your emotional health and wellbeing
- Courses and workshops designed by tutors with a range of professional and lived experiences
- Available to anyone living in Coventry and Warwickshire aged 18+
- All courses are completely FREE of charge

