

# Adult Learning Courses

Evening, weekend and daytime  
For life, for wellbeing, for work

## Free Wellbeing Adult Learning Courses in November

### LANGUAGES



These online courses will enable you to learn more about the subject, develop new skills and find out how participating in learning can support your wellbeing

[www.northamptonshire.gov.uk/adultlearning](http://www.northamptonshire.gov.uk/adultlearning)

### CRAFT



### PHOTOGRAPHY



### CRIMINOLOGY



### PAINTING



### MUSIC



### ARCHAEOLOGY



Title	Start Date	Day	Time	Weeks	Full Fee	Code
<b>Archaeology</b>						
The Minotaur & The Labyrinth, Crete	15/11/2020	Sun	19:00 - 20:00	4	Free (Online)	AZZ7BA88
<b>Art and Crafts</b>						
An Introduction To Art History	18/11/2020	Wed	10:00 - 11:30	4	Free (Online)	AZZ3DA53
An Introduction To Drawing And Painting	19/11/2020	Thu	18:30 - 20:00	4	Free (Online)	AZZ4DA60
Christmas Crafts	16/11/2020	Mon	19:00 - 20:30	4	Free (Online)	AZZ1DA55
Printmaking Techniques	20/11/2020	Fri	19:00 - 20:30	4	Free (Online)	AZZ5DA52
<b>Complementary Health / Wellbeing</b>						
An Introduction To Feng Shui	18/11/2020	Wed	14:00 - 15:30	4	Free (Online)	AZZ3DA57
An Introduction To Mindfulness	18/11/2020	Wed	13:00 - 14:30	4	Free (Online)	AZZ3DA50
Complementary Therapies	17/11/2020	Tue	14:30 - 16:00	4	Free (Online)	AZZ2DA62
<b>Cookery</b>						
An Introduction To Indian Cookery	16/11/2020	Mon	19:00 - 20:30	4	Free (Online)	AZZ1DA58
<b>Floristry</b>						
Winter Floristry	18/11/2020	Wed	10:00 - 11:30	4	Free (Online)	AZZ3DA59
<b>Fitness</b>						
Line Dancing For Beginners	16/11/2020	Mon	19:00 - 20:00	4	Free (Online)	AZZ1DA54
Yoga At Your Desk	16/11/2020	Mon	13:00 - 14:00	4	Free (Online)	AZZ1DA51
<b>Music</b>						
Beginners Guitar	16/11/2020	Mon	18:30 - 20:00	4	Free (Online)	AZZ1DA61
<b>Languages including Sign Language</b>						
German Basic Conversation	16/11/2020	Mon	19:00 - 20:00	4	Free (Online)	AZZ1BA90
Sign Language, An Introduction	20/11/2020	Fri	11:00 - 12:30	4	Free (Online)	AZZ5BA89
Spanish For A Short Stay	16/11/2020	Mon	11:30 - 13:00	4	Free (Online)	AZZ1BA91
<b>Personal Development</b>						
An Introduction To Counselling	17/11/2020	Tue	11:00 - 12:00	4	Free (Online)	AZZ2DA56
Understanding Depression & Anxiety	19/11/2020	Thu	12:15 - 13:45	4	Free (Online)	AZZ4BA87
<b>Photography</b>						
An Introduction To Photography	19/11/2020	Thu	10:00 - 11:30	4	Free (Online)	AZZ3DA63
<b>Psychology and Criminology</b>						
Psychology An Introduction	16/11/2020	Mon	11:30 - 13:00	4	Free (Online)	AZZ1BA86
Psychology Of Human Development	18/11/2020	Wed	19:15 - 20:15	4	Free (Online)	AZZ3BA85