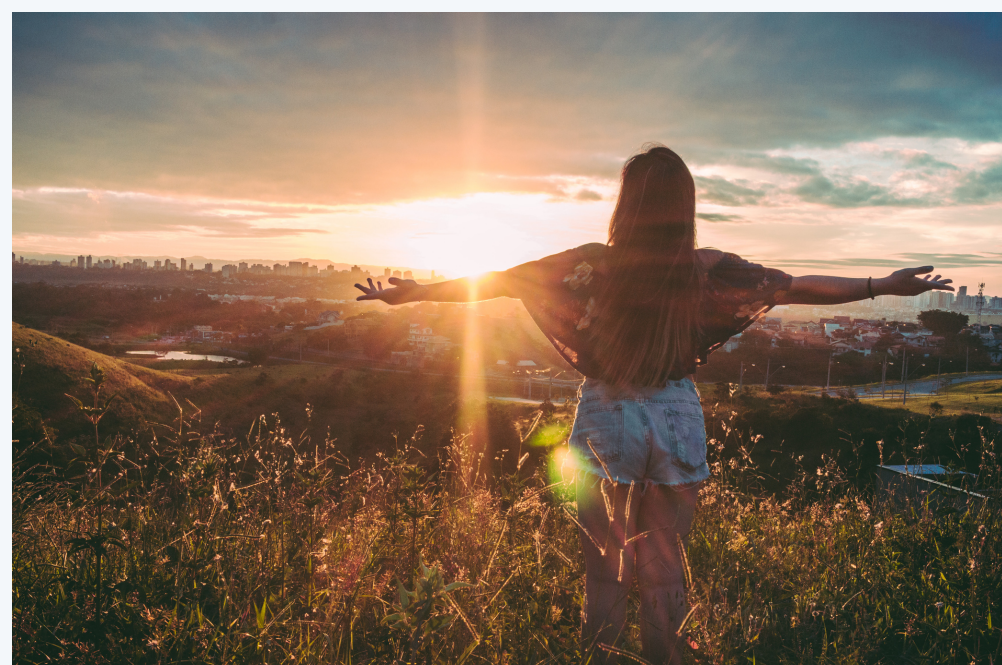




Buckinghamshire Adult Learning



Come along and join our friendly and informal courses

Learn through face to face online video sessions in a small group via Google Meet.

We can help you access the online workshop if you need advice.

Wellbeing For Women

**6 *FREE sessions, 9.30-12.30
Starting Monday 10 January**

This short course is designed in a holistic way to learn some positive strategies to help manage your wellbeing and will look at topics such as:

**healthy lifestyles
managing relationships
hormone changes as we get older**

****Funded for targeted adults 19 years or over who meet UK residency requirements and who otherwise might not be able to afford to attend adult learning courses, including those on low incomes, jobseekers and others referred by community partner organisations.***

Please note that the course can only run if at least six people attend regularly.

For further information please contact
Debbie Garwood 07770 802497, debbie.garwood@buckinghamshire.gov.uk
James Keen 07827 986448, james.keen@buckinghamshire.gov.uk



www.adultlearningbc.ac.uk



Education & Skills
Funding Agency

