



learn telford

Brookside

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Positive Mind Positive Life

(Course Code: 7931857 / 0)

Brookside Central, Brookside, TF3 1ND

Thursday 17 June – Thursday 15 July

12:30 pm - 2:30 pm

This free course will give you the opportunity to explore ways to cope with life's challenges in a welcoming and friendly environment.

During the course, you will explore:

- Positive thinking
- Improve self-confidence and self esteem
- Making small changes in your daily life
- Ways to improve your wellbeing

As part of this wellbeing course, you will also take part in other activities aimed at helping you to develop a better understanding of your health and others.

Please note that places on this session are limited and registering your interest does not guarantee a place.

To register your interest, please contact us on 01952 382888 (quoting course reference 7931857/0) or visit www.learntelford.ac.uk



Telford & Wrekin
COUNCIL