

LIVING LIFE TO THE FULL



**STARTING FRIDAY
31ST JANUARY 2024**

Do you want to feel happier, have more energy, gain confidence, enjoy better relationships, feel less stressed, and develop skills to deal with life's challenges? Why not come along?



**FRIDAYS
9:30 AM -
11.30 AM**



**BURNHEAD
COMMUNITY
CENTRE,
VIEWPARK**

MORE INFO:



If interested please contact:
Elaine O'Hara - 07812772843



OHaraEl@northlan.gov.uk

**COMMUNITY LEARNING
AND DEVELOPMENT | LEARN HERE**

