

I will be able to make it to all the sessions.

I understand that I won't be asked to do anything or provide any information that I don't want to.



Name	
Address	

Living Life to the Full courses are open to everyone.

As you'd expect in any group setting, normal, polite behaviour is expected so that everyone can enjoy the course.

Starting

Wednesday 20 October

From 10.30am-12noon or 1.15pm-2.45pm

Every Wednesday for Eight Weeks





THE LIVING LIFE TO THE FULL LIFE SKILLS PROGRAMME

BE HAPPIER, SLEEP BETTER, DO MORE AND FEEL MORE CONFIDENT

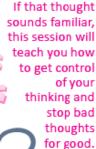
In just eight, enjoyable 90-minute sessions, this programme can help you make a difference to your life.

With the help of a FREE little book and expert guidance at each session, you'll be able to sort out your feelings when you're fed up, worried or hopeless and you'll learn skills that help you tackle problems in your life.

You'll also meet new people and have a lot of fun!



Want to know what makes you tick? This enjoyable, interactive session will help you understand your feelings and what to do about them!





We've all said this to ourselves when feeling down. This session helps you break out of the cycle and start to feel great again!



How come other people seem so confident? Learn their secrets and get to like yourself again!



Get back in control of your eating, drinking, smoking, spending ... anything!



This session teaches vou everything you need to control your temper and improve your happiness and relationships.



This amazing session reveals the Easy 4-Step Plan - a way to fix your problems and achieve your goals that has worked for thousands of people (and there's an elephant).



The last session sums everything up and then shows you how to be happier, fitter and maybe even a bit slimmer very soon! (silly glasses provided)

