

FREE* COURSES

FOR ADULT RESIDENTS IN STEVENAGE HEALTH & WELLBEING

*Eligibility subject to status

Health & Wellbeing

- Healthy Eating/Living tips
- Learning the ways of Mindfulness & Meditation
- Importance of living in tune with your passion
- Boosting your self-esteem and wellbeing
- Exercising tips
- Positive lifestyle changes



For more information:

Email: tatiana@adult-training.org.uk Tel: 07885 674321

Email: queen@adult-training.org.uk Tel: 07908 115281

Location: **Adult Training Network, Business & Technology
Centre, Bessemer Drive, Stevenage, SG1 2DX**

Web: www.adult-training.org.uk

 www.facebook.com/Adult-Training-Network-1655397611400772

