

LIVING IT UP



FREE WORKSHOPS

Starting 27th February – 3rd April 2015 (10 weeks)

@ Progress to Health - 19 Hood Street, Hamilton



Espresso yourself Coffee group

Mondays 10am-12pm

Some of the best conversations happen over a hot cup of coffee. Come meet new people and get involved in the conversation

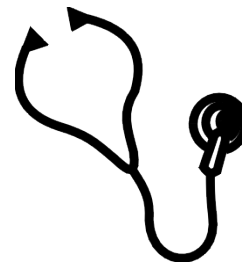


Getting ahead

Tuesdays 10am-12pm

Gain more skills to live the life you love

- Budgeting
- Goal setting
- Planning
- Survival
- Communication



Healthy Habits

Wednesdays 10am-12pm

A fun way to look at ways of improving your physical health. From dancing to stress management.



Helping Hands

Thursdays 10am-12pm

Join the Helping Hands volunteer group. Share your skills with your community. Build confidence, learn new skills and feel good doing it



Job Hunters

Fridays 10am-12pm

Get a jump start into employment. Gain more tools to help you get a job you love. Learn about CV's, job interviews, how to find a job.

For more details please contact us on **0800 77 57 57**