

FREE
LIFE SKILLS COURSE

12 HOURS THAT CAN CHANGE YOUR LIFE

SLEEP BETTER, FEEL HAPPIER, HAVE MORE ENERGY, GAIN CONFIDENCE, LOSE WEIGHT, STOP SMOKING, GET OUT MORE, ENJOY BETTER RELATIONSHIPS, HELP OTHERS

THIS FREE COURSE HAS BEEN DESIGNED TO HELP YOU TACKLE THE EVERYDAY PROBLEMS THAT EVERYONE FACES FROM TIME TO TIME. IT TEACHES KEY LIFE SKILLS THAT WILL HELP YOU FEEL BETTER, HAPPIER AND MORE IN CONTROL OF YOUR LIFE!

IT'S ALSO REALLY USEFUL IF YOU'RE CARING FOR SOMEONE WHO'S DEPRESSED OR UNHAPPY AT THE MOMENT.

TASHA Foundation

Courses starting in 2011.
For more details and book your place
please call on 020 8569 9933.

8 WEEKLY SESSIONS OF 1.5 HOURS

