

Yes
Please!

I'D LIKE TO
CHANGE MY LIFE

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.

PLEASE
ENROL ME
ON THE
COURSE

*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 26 January

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

**Every Wednesday for
Eight Weeks**

Name

Address

Phone

Mobile

Email

12 HOURS
THAT
CAN
CHANGE
YOUR
LIFE

THE LIVING LIFE TO THE FULL
LIFE SKILLS PROGRAMME

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

8

fun
friendly
sessions

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!

12 HOURS THAT CAN CHANGE YOUR LIFE

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

I CAN'T BE BOTHERED DOING ANYTHING

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!



WHY DOES EVERYTHING ALWAYS GO WRONG?

If that thought sounds familiar, this session will teach you how to get control of your thinking and stop bad thoughts for good.

I'M NOT GOOD ENOUGH

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

THE THINGS YOU DO THAT MESS YOU UP

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



ARE YOU STRONG ENOUGH TO KEEP YOUR TEMPER?

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

HOW TO FIX ALMOST EVERYTHING

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).

10 THINGS THAT MAKE YOU FEEL HAPPIER STRAIGHT AWAY

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)

