

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 27 April 2022**

**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)

