

In need of a confidence boost?

Would you like to be more positive about yourself?

Fancy making a change to your life?

Are you struggling to know where to start?

If you said 'YES' to any of the above then

STEPS®

is the course for you!

10am till 2.30pm

Just once a week for 7 weeks and you could have

- insight into how your mind works
- more motivation
- increased self belief
- goal setting skills
- a general feeling of being happier and in control

Delivered in a fun and friendly informal group setting by
Community Learning and Development

The next FREE course starts in Ellon

19th May 2016

Transport and Childcare support available

Interested??

Call Vikki on 01358 720715 or Biff on 01651 871323