



Taking Charge of Your Life **Confidence Building & Life Skills**

4 day course - Feb 24th, March 2nd, 9th, and 16th
Wednesday's 10:00am till 2:00pm

The Rockspring Centre, Ludlow, Sandford Road

Feeling Overloaded?
Feeling Stressed?
Could your confidence do with a boost?



Take some time out to Enrol
on this FREE Course!

Relate Shropshire, Herefordshire and North Staffordshire
Education & Learning Department

The Roy Fletcher Centre
12-17 Cross Hill
Shrewsbury SY11JE

To book please call or E-mail
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