



Family Learning Network

Adult Community Education: **WOW**

Wellbeing:

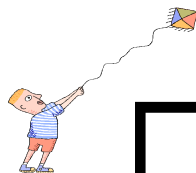
- ◆ Using natural products for:
 - ◆ Relaxation
 - ◆ Meditation
 - ◆ Cooking
 - ◆ Health
 - ◆ Gentle exercise
 - ◆ Growing & using herbs

Personal Development:

- ◆ Walking Group Wed. 10.00 -11.30 @NACYS
- ◆ Communication skills
- ◆ Self esteem and confidence building
- ◆ Group work
- ◆ Nutrition and healthy life styles
- ◆ Using the internet to research wellbeing techniques



**Come in and
try a class**



NACYS When: Monday, Wednesday

Where: Northern Area Community & Youth Services
Oldford Road, Davoren Park
Elizabeth Downs FLN

Heard St. (primary school campus)
Time for both bases : 9.30am—12.30 pm

**Crèche available but *must*
be booked**

