



# **DIRECTIONS FREE Course**



**Friday mornings starting 27<sup>th</sup> February 2026  
Symes Resource Centre**

**BS13 0BE**

**9.30 until 11.30**

**Feeling stuck? It can happen to anyone!**

**This practical course will help you find your feet  
and a new DIRECTION.**

**Healthy Eating and Cooking**

**Staying healthy and keeping fit**

**Stress management**

**Wellbeing**

Contact: Helen Richards for more information

Phone or text: 07760990855

Or scan QR code



**COMMUNITY  
LEARNING**

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