



DIRECTIONS

FREE Course



Friday mornings starting 27th 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



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LEARNING**

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