

FREE

Confidence and Wellbeing

Course

**Huntingdon
Nursery.**

**Starting
Thursday 7th Jan
6 weeks course**

9am - 11am

**Would you like to build
your confidence and
feel happier in your day
to day life?**

**Do you find it hard to
find the time to look
after yourself and your
own wellbeing?**

Join our free 'Confidence and Wellbeing course!

- Identify your own personal aims for life and learning**
- Learn some confidence boosting techniques to support you to achieve your aims**
- Find strategies to protect and improve your own wellbeing and that of those you care about**



**CAMBRIDGESHIRE
SKILLS**

**Please contact Rachel at Huntingdon Nursery
for more information on 01480 375216**