

12 WEEK COURSE

Positive Smiles
Believe | Empower | Achieve

Introducing opportunities to develop independence, build self confidence & improve emotional well-being

Fab after Fifty

Sessions available online

- Free sessions for women aged 50+
- Make new friends
- Improve Health & Wellbeing
- Learning new skills and enhance functional skills

Contact Tayyibah on 07984 644 218
to reserve your place

