

Would you like to be more positive about yourself?

Fancy making a change to your life?

Are you struggling to know where to start?

STEPS®

It offers: **is the course for you!**

a general feeling of being happier and in control

increased self-belief and self-worth

goal setting skills

insight into how your mind works

more motivation and focus

One morning a week (9.30 am—12.30 pm) for six weeks

**BELIEVE IN
YOURSELF**

The next *FREE* course starts at

**Portlethen Community Learning Centre, Portlethen Academy,
Bruntland Road, Portlethen, AB12 4QL**

Tuesday 19th February 2019

To find out more, call Elaine on 01561 378298 or email:

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