

FREE Outdoor Health & Well Being Course

Starting
July 12th
2018

A FREE 6 day learning and personal development outdoor course for Gateshead adults.
Enhance your health, confidence and self esteem through exciting fun outdoor activities.

8 Spaces
per course



Come to the information 'Open Day' Friday 6th July 10am until 3pm
13 Walker Terrace, Gateshead - opposite Gateshead Bus Interchange

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|-------------|-----------|-----------------|-------------|-----------|-----------------|
| 1: Thursday | 12th July | (1-5pm) | 4: Friday | 20th July | (10am - 5:30pm) |
| 2: Friday | 13th July | (10am - 5:30pm) | 5: Thursday | 26th July | (10am - 5:30pm) |
| 3: Thursday | 19th July | (10am - 5:30pm) | 6: Friday | 27th July | (10am - 5:30pm) |

Maximum of £5 per day available for travel expenses

learn new skills
enhance your employment prospects
improve self confidence and self esteem
develop yourself !

Participants must complete all dates of the course

Enquiries contact: Nick Coates - Senior Instructor
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Making learning an adventure

 **Gateshead**
Council