

LUTON COMMUNITY HEALTH FORUM LCHHF

Do you need to improve your communication skills in English to improve your health & wellbeing? Do you ever feel lonely or isolated?



Would you like to feel more confident & competent by improving your communication skills & learning more about how to improve mental and physical wellbeing and relationships with your family and friends?



Become more positive and learn to deal with every day problems that come your way?

Learn new skills to deal with the above?



Education & Skills
Funding Agency



European Union
European Social Fund
Investing in jobs and skills

Then come to our free workshops on
ENGLISH FOR WELLBEING

5 week course x 3 hours

Enrolment/course dates and times: To be confirmed

Luton
Adult Learning

For further information, please contact:
Sarita Jain (07929384290)/Nazia Khanum(01582566468)