



# Skills for Life and Health

*for women aged 19 and over*

**Free 10 Week Course**  
**Commences Friday, 9th October**  
**9:30 a.m.—11:30 a.m.**

~~Refreshments Provided~~



**Community Hub Thorntree**  
Birkhall Road  
Thorntree  
Middlesbrough  
TS3 9JW  
**(No. 27 Bus Route)**

**For information and booking:**  
0747 410 1311

**Book your place now -  
Numbers are limited!**