



Online Schedule September

Art of Relaxation – 4 & 13 September 1pm

Boosting Self Esteem – 6 September 1pm

Improving Motivation – 12 & 27 September 10 am

Building Confidence – 14 September 10am

Re-assess Stress – 18 September 1pm

Menopause and Me – 20 September 1pm

Building Resilience – 21 & 28 September 1pm

Financial Wellbeing – 26 September 10am

All classes are free for Glasgow residents to attend. Book your place on the [Lifelink website](#) or [Eventbrite](#).