



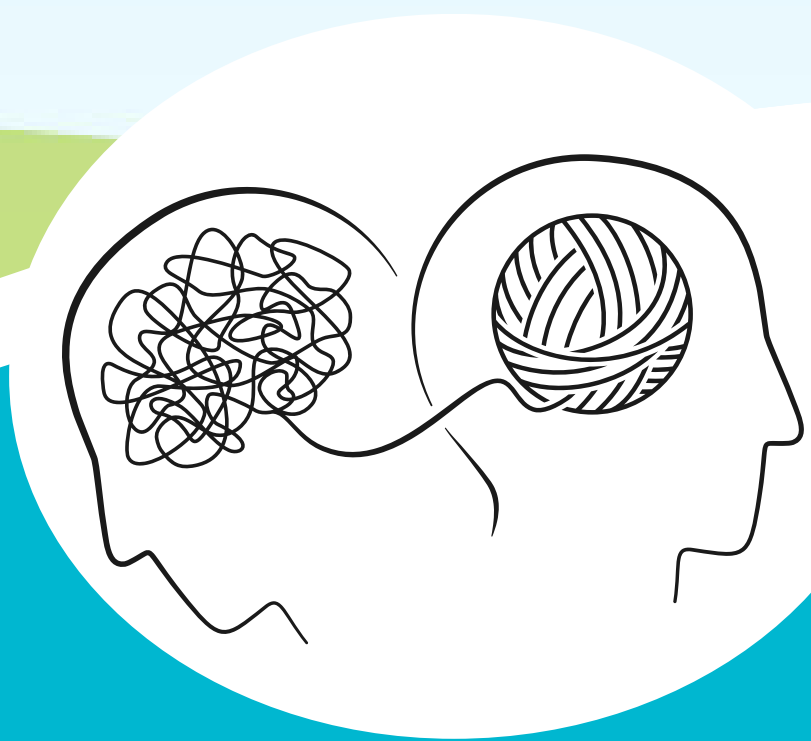
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# WHAT ABOUT STARTING TO 'LIVE LIFE TO THE FULL'?

## A COURSE USING COGNITIVE BEHAVIOUR THERAPY APPROACH



**Want to feel happier and healthier?  
This course could change your life!**

This course is designed to help you live life to the full using self help approaches based on the Cognitive Behaviour Therapy (CBT) approach. Want to feel happier, have more energy, gain confidence, feel less stressed and develop skills to deal with life's challenges? Then this course is for you!

**Cost:**



**Location:**

Sandfields Primary  
School, Port Talbot  
SA12 6AJ



**Date/Time:**

20th February - 12th  
March 2024  
Four Tuesday  
classes 10:00-11:30am



Contact Laura Kelly to book your space or for more information:  
Email: [KellyL65@Hwbcymru.net](mailto:KellyL65@Hwbcymru.net)