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HEALTHWORKS FOR CORNWALL

# ACTIVE PLUS CONFIDENCE AND MOTIVATION COURSE

Start your New Year with a step in the right direction with our life changing course in Bude.

Our six session course is designed to give you the tools to help yourself. We look at confidence, motivation, mindset and communication skills.

You could be making a fresh start or just need a slight boost- our course has something for everyone. We follow these sessions with tailored, one to one support to help you meet your goals.

This course starts on the 13th January with a taster session. 10am-12.30am.

The Parkhouse Centre, Ergue-Gaberic Way,  
Bude EX23 8LD

For a place on this course, or any enquiries, please contact Active Plus on [healthworks@activeplus.org.uk](mailto:healthworks@activeplus.org.uk) or 01326 567174

