

NEW HORIZONS

A 12 weekly programme to kickstart your personal development and gain a Level 1 certificate, plus a Level 2 in Mental Health First Aid

FREE Wellbeing Session includes massage, nails beauty & more

Time for yourself, light refreshments & free gifts!

Regain your confidence, connect with others & learn transferrable skills in a warm, safe and welcoming space

**Starts Friday 6th June 2025, 9.30am-2.30pm
at Moor Nook Hub, & The Zone, Burholme Road,
Preston, PR2 6HN**

Please ring 01772-539444 to book a place

