

FREE (Zoom) courses with NCCWN SWAN – April 2021

Balancing your wheel of life – 7 weeks

TUESDAYS – 10.30am to 12.00pm

Starts Tuesday 20th April 2021



Managing change

How to stop the past from limiting you today

How to succeed when the going gets tough

Effective Decision making



Rising strong in uncertain times – 7 weeks

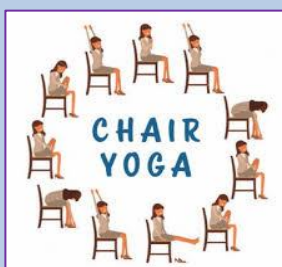
WEDNESDAYS – 10.30am to 12.00pm

Starts Wednesday 21st April

Mindfulness Meditation – 9 weeks

THURSDAYS: 9.30am to 10.30am

Starts Thursday 15th April 2021



Chair Yoga – 9 weeks

THURSDAYS: 1.00pm to 2.00pm

Starts Thursday 15th April

If you would like to sign up to participate please contact Sandra or Tracey

on 086 1744863 OR 086 1382482