



## Online Class Schedule January 2023

<u>Coping with Change</u> –	5 January 10 am
<u>Building Confidence</u> –	9 & 23 January 1pm
<u>The Art of Relaxation</u> –	11 January 1pm
<u>Improving Motivation</u> –	13 & 27 January 10 am
<u>Building Self -Esteem</u> –	16 & 30 January 10am
<u>Financial Wellbeing</u> –	19 January 10am
<u>Building Resilience</u> –	26 January 1pm

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

