



**FREE  
COURSE**

# BECOMING A HAPPIER YOU

with Wirral Met College

Do you want to be happier every day and live a more meaningful life?

Using principles from positive psychology this course will teach you key skills supported by science which you can put into action straight away to help you live in a more meaningful way and to become a happier you.

## **COURSE DETAILS:**

DATE: Thursday 30th January

TIME: 10am - 2:30pm

PLACE: Tomorrow's Women Chester, 5 Upper Northgate Street, Chester, CH1 4EE

This course is free to complete and won't affect your benefits.  
Book your place with Tomorrow's Women.



Tomorrow's  
Women

