

# WANT TO LIVE LIFE TO THE FULL? Book to attend a LLTTF™ course

**6**  
fun  
friendly  
sessions

In just six, enjoyable 75-90 minute sessions, this popular course can help make a difference to your life.

With the help of linked resources and support by a friendly teacher/trainer at each session, you will learn how to improve how you feel when you are feeling low or stressed, and discover how to tackle problems in your life.  
**You will also meet new people and have a lot of fun!**

**1.**  
**UNDERSTANDING  
YOUR FEELINGS**

Want to know what makes us tick? This enjoyable, session will help you understand your feelings and how to change them.

**2.**  
**DOING THINGS  
THAT MAKE YOU  
FEEL BETTER**

Discover how to plan to build pleasure/enjoyment, achievement and connect with others, and start to feel great again!

**3.**  
**LOOKING  
AT THINGS  
DIFFERENTLY**

Unhelpful thoughts worsen how we feel and affect what we do. Learn how to stop them for good.

**4.**  
**HOW TO FIX  
ALMOST  
EVERYTHING**

This amazing session reveals the Easy 4-Step Plan – that has worked for thousands of people

**5.**  
**BUILDING INNER  
CONFIDENCE**

How come other people seem so confident? This session teaches you how to express yourself in a more confident and assertive way.

**6.**  
**THE THINGS YOU  
DO THAT HELP-  
AND THE THINGS  
YOU DO THAT  
DON'T**

Learn how to get back in control of eating, drinking, smoking, spending... anything!

**7.**  
**OPTIONAL  
REVISION  
SESSION**

The optional session sums everything up and then shows you how to keep putting into practice what you have learned.

For members of the public, supporters and practitioners:



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## WANT TO

LIVE LIFE TO THE FULL?

IMPROVE CONFIDENCE?

FEEL HAPPIER?

BE MORE RELAXED?

RESPOND BETTER TO WORRIES  
AND UPSETTING THOUGHTS?

## BOOK NOW

TO ATTEND ONE OF  
THE UK'S MOST  
USED LIFE SKILLS  
PROGRAMMES



## Time/Date:

From Thursday 21st April for six  
weeks—10.00 to 12 noon

## Cost:

£2.50 per week

## Location:

The Jubilee Centre, Mosley Avenue,  
Bury BL9 6NJ

## Contact:

Diane or Leisa on 0161 763 9030  
Email [admin@ageukbury.org.uk](mailto:admin@ageukbury.org.uk)

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