



Online Class Schedule January 2023

Coping with Change – 5 January 10am

Building Confidence – 9 January 1pm & 23 January 1pm

Art of Relaxation – 11 January 1pm & 30 January 1.30pm

Improving Motivation – 13 January 10am & 27 January 10am

Boosting Self-Esteem – 16 January 10am & 30 January 10am

Financial Wellbeing – 19 January 10am & 27 January 1.30pm

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