



GLOBE
COMMUNITY
PROJECT

Limited space
**Sign up
today!**

Wellbeing for over 60s

FREE 6-WEEK COURSE

Feeling alone, undervalued, or low in self-confidence? This course will help you rediscover your value and enjoy this phase in your life.



Course starts
**Tuesday
11th June**

For people who want to:

- Meet interesting people
- Boost their self-esteem
- Develop new skills
- Feel valued and listened to
- Focus on the positives in life



Tuesdays 10am-12:30pm
from 11th June - 16th July



St. Hilda's East Community
Centre, 18 Club Row, E2 7EY

To sign up, or for more
information, contact Ahmed:

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