



ARE YOU READY TO LEARN?

**Courses available to be delivered in your area
from September 2018**

ENGLISH

MATHS

ICT

SPANISH

COOKING ON A BUDGET

EMPLOYABILITY SKILLS

NAIL & BEAUTY

FLOWER ARRANGING

FOOD HYGIENE CERTIFICATION

FIRST AID TRAINING

TAI CHI

CONFIDENCE BUILDING

YOGA

CAHIR BASED EXERCISE

REFERRAL TO HEALTH TRAINER

CANCER AWARENESS

DEMENTIA SUPPORT

DANCE FIT

COMMUNITY CYCLING

WELL MAN GROUP

COMMUNITY GARDEN

FRIENDSHIP LUNCHES

If you would be interested in any of these courses

Please Contact:

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