



GLOBE  
COMMUNITY  
PROJECT



ST. HILDA'S EAST

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.



6 Weeks Free  
Course starts  
**Tuesday  
5th Nov**

## For people over 60 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 2pm-4.30pm  
from 5th Nov - 10th Dec 2024



79 Tarling Street  
London  
E1 0AT

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

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