



WOW



WIDER OPPORTUNITIES FOR WOMEN

New FREE Courses for Women

Are you

- Available 2 mornings a week
- looking to learn something new
- looking to meet new people?
- Do you want to spend some time on you???

If you answer yes this FREE course is for you

Course Content

- Personal Effectiveness
- Personal Care & Presentation
- Confidence Building
- Mindfulness
- Various talks throughout the course

Eligibility

Are you an
Early School Leaver or
One Parent Family or
Long Term UNemployed

Girl power

Courses will run in
Dundalk/Drogheda

For more information

Louth

Alanah Kirk

akirk@lmetb.ie/086-0760212
or contact

Adult Education Guidance
Service on 1800991898

To register
Visit

www.fetchcourses.ie

Enter Code
335370 for Drogheda
334127 for Dundalk

Click on Apply