



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

Eligibility

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

Girl power

Course Content

- Personal Effectiveness
- Personal Care & Presentation
- Confidence Building
- Mindfulness
- Yoga
- And various talks throughout the course

Courses will run in
Ballivor/Navan/Kells

To register
Visit www.fetchcourses.ie

Enter Code

319547 for Kells
334131 for Navan
334132 for Ballivor

Click on Apply

For more information

MEATH

Jackie Breen

jbreen@lmetb.ie/087-9377636

or contact

Adult Education Guidance Service on 1800991898

MEATH

Courses will run in
Drogheda/Dundalk

To register
Visit www.fetchcourses.ie

Enter Code

335370 for Drogheda
334127 for Dundalk

Click on Apply

For more information

LOUTH

Alanah Kirk

akirk@lmetb.ie/086-0760212

or contact

Adult Education Guidance Service on 1800991898

LOUTH