



## Online Class Schedule October

Improving Motivation – 4 & 18 October 10am

Financial Wellbeing – 5 October 1pm

Reassess Stress – 9 & 30 October 1pm

Building Confidence – 10 October 1pm

Boosting Self Esteem – 17 October 10am

Building Resilience – 19 & 26 October 10am

Art of Relaxation – 23 October 1pm

Menopause and Me – 25 October 10am