

**Please Note:**

You must attend the course

“Making the Most of Life”

before attending this course.

Course starts

22 July 2019

4 Sessions

9.30 am

To

3 pm



Funding only available if you are unemployed or on a low income

# The Buck Project

*Intelligent Kindness*

## Making the Most of Life—Part 2

If you would like to be happier, more successful, have less stress and feel in control of your life then this is for you.

**The happiness recipe**

**Emotional resilience and how to bounce back**

**Adapting to change**

**Mind management tools and breathing stress away**

**Nutrition—work, rest and play**

**Your emotions, learning to respond and mindfulness management**

**Creating a successful future**

Session Dates:

◆ Monday 22 July 2019

◆ Friday 26 July 2019

◆ Wednesday 24 July 2019

◆ Wednesday 31 July 2019

Book with Eventbrite.

For more details, visit our website at [www.buckproject.org](http://www.buckproject.org)

For more information call 01865 598180

**Venue**

*Didcot Civic Hall*

*Britwell Road*

*Didcot*

*OX11 7JN*



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