



## Online Class Schedule May

Building Confidence – 5 & 31 May 10am

Improving Motivation – 11 May 1pm & 22 May 10am

Art of Relaxation – 10 May 10am & 18 May 1:30pm

Building Resilience – 15 May 1:30pm

Reassess Your Stress – 15 May & 29 May 10am

Menopause and Wellbeing – 22 May 1:30pm

Financial Wellbeing – 26 May 10am

All classes are free for Glasgow residents to attend. Book your place on the [Lifelink website](#) or [Eventbrite](#).