

JOBS *South West*

Presents

Young Mums Health

&

Lifestyle Project



The Lifestyle Project is a **Free** educational, fun and interesting course developed for Teens and young Mums. The Lifestyle Project runs for 2 hours per week for 10 weeks and teaches valuable skills in the following areas

- *First Aid*
- *Alcohol and Drug Education*
- *Careers and Job Seeking*
- *Healthy Relationships*
- *Healthy Diets, Shopping and Exercise*
- *Supermarket Tour*
- *And MUCH MORE!*

Where: Milligan, 35 Milligan Street, Bunbury

When: Commencing 30th April, 2008

Time: Every Wednesday 10am until 12 noon

To register for this course or for more information, please call Angela Ansell on (08) 9721 5033

