



NEWS RELEASE  
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**Enjoy some 'me time'; Bracknell Forest Community Learning launches Well-being Programme**

Develop your skills in sketching or prove your prowess in Pilates with Bracknell Forest Council's Community Learning Well-being Programme, starting this autumn.

Tackling some of the personal pressures people have faced over the last 18 months, and aiming to enhance comfort, health and happiness, the programme for adults offers a range of classes in areas such as painting, calligraphy, managing stress and more. There's even a course on how to declutter the mind!

These courses run alongside Community Learning's Employability Skills Programme which contains a host of courses to help support those people seeking employment, a career change, or the chance to gain a qualification.

Cllr Dr Gareth Barnard, executive member for children and young people, said: "As normal life returns, it is more important than ever to look after ourselves. The range of well-being, work skills and computing courses available with Community Learning means that there is something positive for everyone and I encourage residents to take a look at what's on offer."

To enrol on the new courses, and to find out more, residents should visit [www.bracknell-forest.gov.uk/community-learning](http://www.bracknell-forest.gov.uk/community-learning) or call 01344 354220. There are many new courses starting soon – visit the website to see the full range on offer.

Eligibility conditions apply – details are available on the website or by calling on 01344 354220.

Ends.

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Community Learning

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