

# young at heart

boosting happiness &  
wellbeing in later life



Monday 3rd October  
Monday 10th October  
Monday 17th October

(2:00pm - 3:30pm)

Oak Tree Surgery, Clemo Road, Liskeard  
PL14 3XA

Outlook South West is looking for mature adults to help trial a new course called '**Young at Heart**'.

There will be approximately 15 adults on each course. Participants will attend once a week for three weeks.

The course is **free** and is for those who want to manage stress and boost happiness.

**Stress** is common and affects many people of all ages. It can lead to anxiety, low mood and difficulties sleeping. The course will help you understand how to deal with these difficulties and also look at ways to **boost happiness** - both now and in later years.

We will look at topics including overcoming worry and problem solving. You will also get to meet others in a **relaxed** and **friendly** environment.

If you are interested in taking part, you will need to book a place by calling:

**01208 871906**

**Deadline for booking**  
**Friday 23rd September**