



HEALTH & WELLBEING

**DO YOU LIVE IN STAFFORDSHIRE AND ARE YOU
OVER 19? WE HAVE A FREE* COURSE FOR YOU**

WHAT SKILLS WILL YOU GAIN?

- **The benefits of mindfulness**
- **The effects of nutrition on wellbeing**
- **Managing anxiety and stress**

***Our ACL courses are free/fully-funded for those aged 19+ with a Staffordshire postcode who are unemployed and not in education or training.**

GET IN TOUCH TODAY

EMAIL INFO@ACORNTRAINING.CO.UK