

*Be your own
life coach!*

**Tuesday mornings
9 am – 12 noon
at Ruby's Place**

**95 Roscoe Street Bondi Beach
Call 9302 3600 to find out when
the next course starts**

**Cost: \$50 for four week course
incl. light refreshments**



This four week program for ANY CARER on how to be your own life coach will run several times a year with up to eight people in each group. The facilitator will be Esther van der Sande (right) who has been working with Holdsworth carers and has a great understanding of the needs and dreams of carers. Esther will take you through the steps necessary to take control of your life, set goals and achieve them. To find out the date of the next program, or to discuss how you might benefit from joining this group, call Sarah Regos at Holdsworth on 9302 3600.

