

First Steps to Look Good Feel Good

And

Confidence Building

10 week course

This course will focus you

You will learn about eating healthy , healthy skin making homemade alternative to expensive beauty products , at the same time introducing you to a learning environment that is fun

Start date

27/4/22

Wednesdays 12.30 till 2.30pm

Venue

Little Hulton Children's Centre

Longshaw Drive

M28 0BD

If you would like further information on this course and other learning and training opportunities across the City please contact

The Learning Team at The Broughton Trust

0161 831 9807

lib@thebroughtontrust.org.uk

Promoting Wellbeing

Healthy skin

Healthy eating

Homemade face, hair and body

treatments using affordable and

natural ingredients within your home

Makeup styles and techniques for all skin types

Nail Art

Foot Treatments and Reflexology

Understanding how and why Reflexology works

Research Career and Qualification

opportunities