



# Unlocking your potential



ADULT LEARNING  
*It's about you*

## Online course SQA in Improving Wellbeing

Building  
Confidence and  
Self Esteem

Free  
Course



**Monday 19th January**

**19.30 to 21.30**

(term time only) 8 week course

**Online course**

To book a place or for more information contact Lorna at  
[lorna.mcaleer@westlothian.gov.uk](mailto:lorna.mcaleer@westlothian.gov.uk) or call or text 07385115183

[westlothian.gov.uk/adultlearning](http://westlothian.gov.uk/adultlearning)



West Lothian  
Council

