



W | **WOMEN**
R | **RETURNERS**
A | **ACCESS**
P | **PROGRAMME**

Women Looking out For Yourself

- Free 12-week health & wellbeing programme.
- One day per week 9:30am – 12:30pm
- **Build** your confidence.
- **Learn** new skills.
- **Improve** your wellbeing and mental health.
- **Enhance** access to employment and further study.

For women who are unemployed or economically inactive

Starting Monday 11th March 2024
Every Monday 9.30 - 12.30pm
SERC Downpatrick Campus



For further information – www.serc.ac.uk/stepup