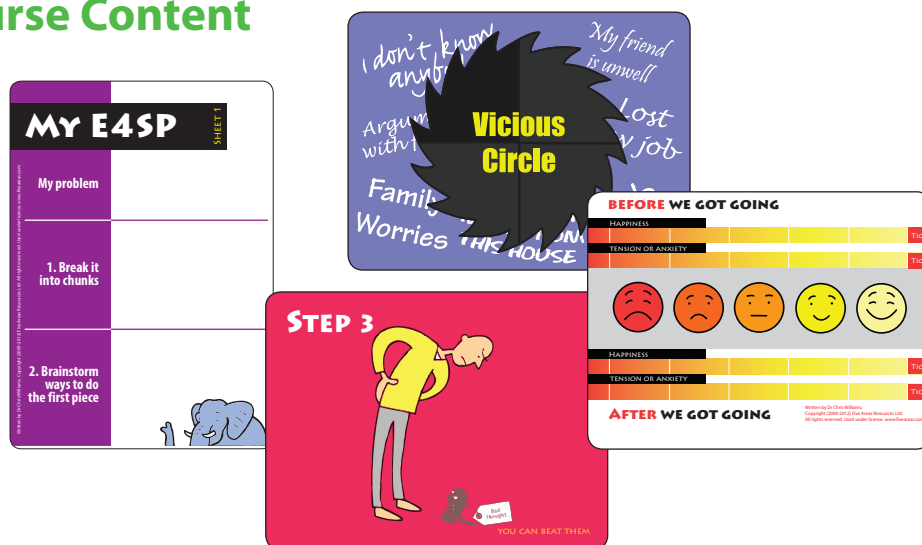


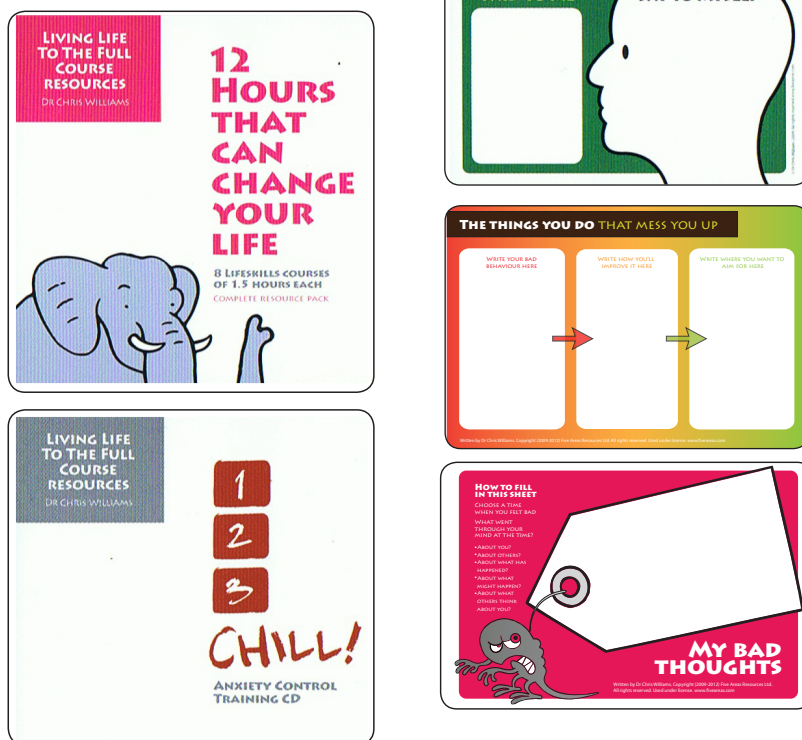
LLTTF GROUPS/CLASSES



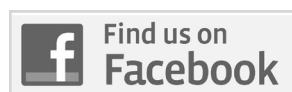
Course Content



Course Resources



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LIVING LIFE TO THE FULL CLASSES (LLTTF)

8

fun
friendly
sessions

In just eight, enjoyable 90-minute sessions, this programme can help patients make a difference to their lives.

With the help of a little book and expert guidance at each session, participants learn how to sort out their feelings when they feel low, worried or hopeless and will learn skills that help them tackle problems in their lives.

They will also meet new people and have a lot of fun!

12 HOURS THAT CAN CHANGE YOUR LIFE

HOW
TO FIX
ALMOST
EVERYTHING

This amazing session reveals the Easy 4-Step Plan – a way to fix your problems and achieve your goals that has worked for thousands of people (and there's an elephant).

10 THINGS
THAT MAKE
YOU FEEL
HAPPIER
STRAIGHT
AWAY

The last session sums everything up and then shows how to be happier, fitter and maybe even a bit slimmer very soon! (silly glasses provided)

I CAN'T BE
BOtherED
DOING
ANYTHING

We've all said this to ourselves when feeling down. This session helps break out of the cycle and start to feel great again!

THE
THINGS
YOU DO
THAT
MESS
YOU UP

Get back in control of your eating, drinking, smoking, spending ... anything!

I'M NOT
GOOD
ENOUGH

How come other people seem so confident? Learn their secrets and get to like yourself again!

THE LIVING LIFE TO THE FULL LIFE
SKILLS PROGRAMME

