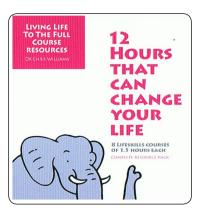
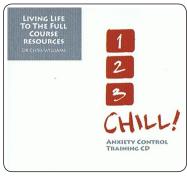
LLTTF GROUPS/CLASSES

Course Content

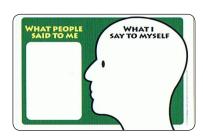


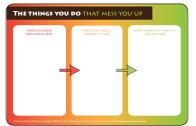
Course Resources















LIVING LIFE TO THE FULL CLASSES (LLTTF)

fun fviendly 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



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).

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



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



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

