

REFRESH 2 IMPRESS OVER 50? ATTEND OUR FREE COURSE!

Refresh 2 Impress - a FREE course for the retired and over fifties specially designed for people who are young at heart and wanting to stay safe, well and in touch with the modern world.

The course will include:

- **FREE** maths qualification to get on the brain train
- **FREE** lunch and refreshments each day
- **FREE** taster sessions of their choice in the following:
 - **2 Art options** – Painting/Photography
 - **3 Sport options** – Golf/table tennis/ Gentle gym, Bowls

First Aid at home – what to do in the event of; burns, cuts, stroke, heart attack or a fall.

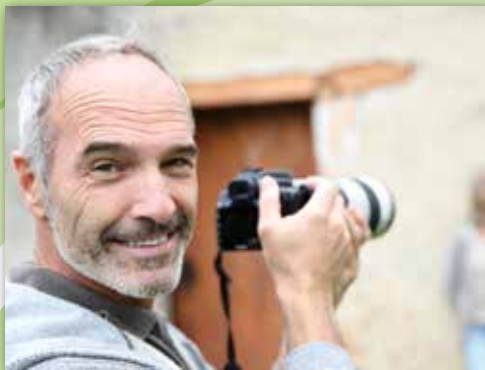
Technology – Tablets, Skype, staying in touch with your family, Emails/Using the Internet to save time & money – Ebay, Uswitch, Online shopping, On line banking, Booking trips.

- Chance to meet other likeminded people, socialise and have fun!

FREE TRANSPORT PROVIDED FOR LARGE GROUPS!

0800 056 6940 www.sgscol.ac.uk

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FREE LUNCH EVERY DAY!



HOW TO PICK YOUR COURSE...

- Choose a programme date to suit you
- Choose 1 group from that date which best suits your interests *

PROGRAMME 1 – MONDAY 13TH JULY – WEDNESDAY 15TH JULY

1	• Art	• Modern technology, emails, skype	• First aid at home
2	• Photography	• Using the internet to save money	• Table tennis & Bowls
3	• First aid at home	• Photography	• Using the internet to save money
4	• First aid at home	• Golf	• Photography
5	• Modern technology, emails, skype	• First aid at home	• Art
6	• Using the internet to save money	• First aid at home	• Golf
7	• Photography	• Golf	• Gentle gym, strength & conditioning
8	• Art	• Gentle gym, strength & conditioning	• Modern technology, emails, skype

PROGRAMME 2 – WEDNESDAY 15TH JULY - FRIDAY 17TH JULY

1	• First aid at home	• Art	• Using the internet to save money
2	• Table tennis & Bowls	• First aid at home	• Photography
3	• Using the internet to save money	• Table tennis & Bowls	• First aid at home
4	• Photography	• Art	• Table tennis & Bowls
5	• Art	• Using the internet to save money	• Gentle gym strength and conditioning
6	• Golf	• Photography	• Modern technology, emails, skype
7	• Bowls	• Photography	• Art
8	• Modern technology, emails, skype	• Table tennis & Bowls	• Golf

* Whilst we will endeavour to ensure we match you to the group of your choice, these are based on a first come first serve basis.

GET ON THE BRAINTRAIN!


...WITH A RECOGNISED
MATHS
QUALIFICATION

Be ready to assist
with First Aid
in the home

Stay in good shape
with our sports
programmes

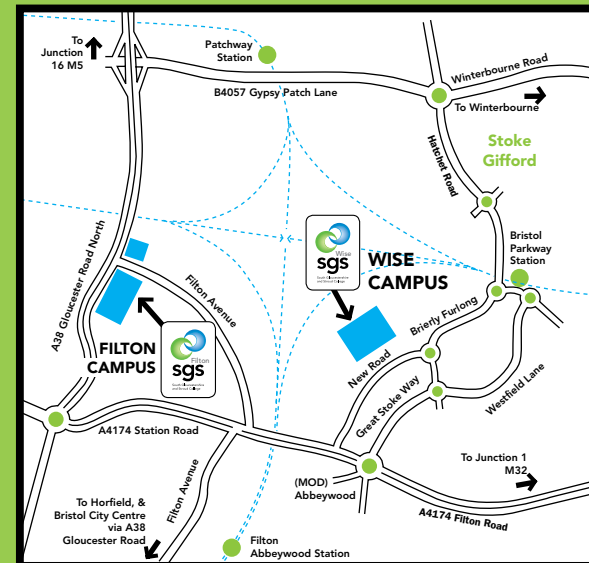
Fabulous
FREE courses
to keep you
in touch with
the modern
world!

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You can follow us on:  @SuitedBootedRec  facebook.com/SuitedBootedRecruited

Come and join us at Wise... our state-of-the art campus!

Our **Refresh 2 Impress** courses are delivered at Wise campus - a great venue in north Bristol and offers a vibrant learning environment and cutting edge facilities.



WISE Campus New Road, Stoke Gifford, Bristol BS34 8LP T: 0117 919 2601 F: 0117 377 6828



Call us today to
book your place
0800 056 6940
www.sgscol.ac.uk

DISCLAIMER: South Gloucestershire and Stroud College has made reasonable efforts to ensure the accuracy of the information throughout this leaflet. However, the College reserves the right to make appropriate changes in procedures, policies, calendars, requirements, programs, courses, locations and fees. When feasible, changes will be announced prior to their effective dates, but the College assumes no responsibility for giving any particular notice of any such changes. Changes may apply not only to prospective students, but also to those who are currently enrolled. Nothing contained in this leaflet shall be construed to create any offer to contract or any contractual rights.

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WANT TO KEEP UP WITH THE KIDS?

join our FREE course and...


REFRESH2 IMPRESS!


Courses for the
young at heart.



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