



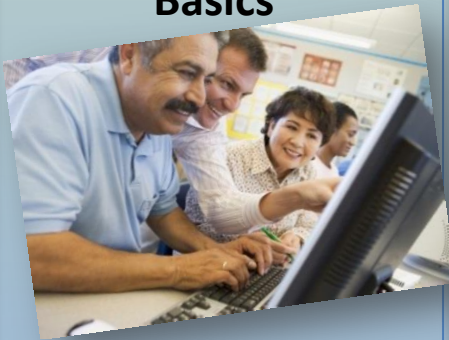
Adult Education
in Gloucestershire



Leisure and Learning

A series of workshops at
Badger Vale Court – 11th September - 10:30-14:30

IT and On-line Basics



- Using your computer/device
- How to send emails & communicate online
- Online safety
- Online shopping and banking
- Improving your health online
- Using Facebook

Your Well-being



- Relaxation
- Stress less techniques
- Get better sleep
- Managing pain
- Better breathing
- Calming the mind
- Craft & creativity

Digital Photography



- Basic principles and good technique
- Understanding camera settings
- Transferring pictures to a PC
- Understanding composition
- Capturing quality pictures

Come along for a no-obligation chat and start your future today

More Information at: Badger Vale Court, Woodpecker Road off Podsmead Road, Gloucester, GL2 5FQ.
Contact: Kevin Daws, Activities Officer
07393769847, 01452 833125



Education & Skills
Funding Agency



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