



FREE COMMUNITY LEARNING COURSES



To find out more or to book a space call 030 300 38212 or e-mail community.info@escg.ac.uk Booking essential!

Course	Venue	Dates	Times
<p>The Future is Yours</p> <p>Would you like to take control of your future? Break the chain between the past and the future. Recognise you can create your own future. Set goals in alignment with your talents and abilities.</p>	<p>East Sussex College, Station Approach, Hastings, TN34 1BA</p> <p>East Sussex College, Cross Levels Ways, Eastbourne,</p>	<p>6 week course</p> <p>Tuesdays 22nd February—29th March</p> <p>Wednesdays 23rd February—30th March</p>	<p>10.00am— 12.30pm</p> <p>1.30pm— 4.00pm</p>
<p>Managing Stress & Anxiety</p> <p>This course will look at what stress is and what causes it. Learn relaxation techniques and how to respond more positively to life's challenges.</p>	<p>Online via Zoom</p>	<p>6 week course</p> <p>Tuesdays 22nd February—29th March</p>	<p>2.00pm— 4.00pm</p>

Courses are fully funded for adults aged 19+ Courses limited to two per person per term

Course	Venue	Dates	Times
<p>Healthy Eating on a Budget</p> <p>Learn how to cook healthy, easy, low-budget meals in a fun and friendly group. Suitable for those with little or no cooking experience. All ingredients provided.</p>	<p>East Sussex College, Cross Levels Ways, Eastbourne, BN21 2UF</p>	<p>4 week course</p> <p>Wednesdays</p> <p>9th March—30th March</p>	<p>10.00am—1.00pm</p>
<p>Experiments in Printing</p> <p>Basic printmaking techniques will be taught and explored. Take your completed work home to enjoy. Led by an experienced instructor and artist. No experience required and all materials provided.</p>	<p>East Sussex College, Mountfield Road, Lewes, BN7 2XH</p>	<p>4 week course</p> <p>Wednesdays</p> <p>2nd—23rd March</p>	<p>10.00am—1.00pm</p>
<p>Art for Mind, Body & Spirit</p> <p>Have an opportunity to make artwork entirely for the purpose of relaxing and enhancing personal wellbeing. There is no good or bad here, this is an opportunity to enjoy the healing power of the creative process. Working on paper, you will be able to explore basic techniques in painting, drawing and using colour. You will explore mark making, mixing media and colour.</p>	<p>East Sussex College, Cross Levels Ways, Eastbourne, BN21 2UF</p>	<p>5 week course</p> <p>Wednesdays</p> <p>2nd—30th March</p>	<p>3.00pm—5.30pm</p>