



**How to attend:**

No registration, just turn up  
Free resources for participants  
We do ALL the talking

**Where to attend:**

Victory Church  
Greenforge Way,  
Cwmbran NP44 3BA

**When to attend:**

Monday  
October 3th, 10th, 17th & 24th  
5.30pm to 7.30pm

## ACTivate Your Life

The course can help you to take greater control of your actions, so that day-to-day life becomes less distressing and more enjoyable.

The course has been developed for you by Dr Neil Frude and will help you find out what is really important to you and give you the skills to be able to live your life with more confidence and a greater sense of purpose.

Link to MELO—Activate You Life course content — [ACTivate Your Life](#)

[Online Course | Melo Cymru](#)

For additional materials



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board