

NEW SKILLS FOR SPRING

Adult Education Department, Gorey Community School



CHOOSE YOUR STYLE

Find your style and create your best wardrobe. Analyse your body shape and how to style it. Find your best colours, make the most of your best features. Learn about face shapes and hair styles.

Wednesday nights x5 | Fee: €80

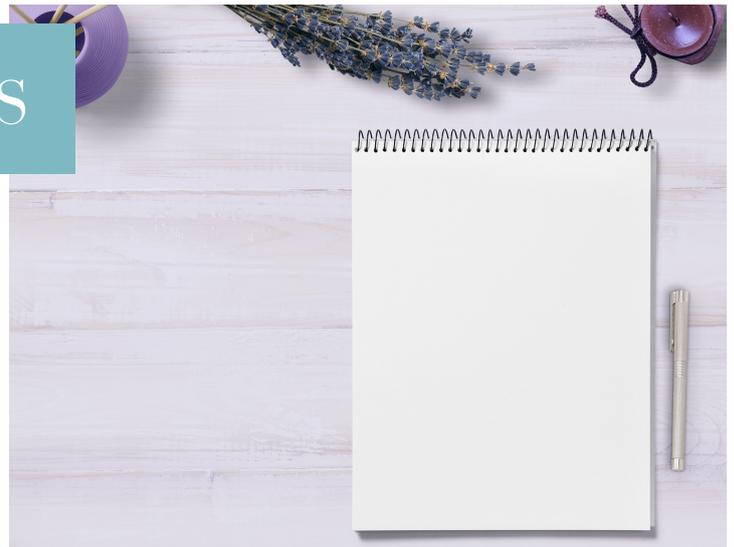
Tutor: Helen O'Leary

LIVING STORIED LIVES

Mindful Storytelling by Traditional Ways. Find the story in your life and the life in your stories. Create a legacy to share with others. Explore tradition, fairy tale, myth and legend for your creative and personal growth.

Wednesday nights x5 | Fee: €80

Tutor: Wendy Connolly



POUND FIT WITH AIS

Enjoy this unique rockout fitness class inspired by drumming. Grab the beat of music and let loose with lightly weighted drum sticks. Listen to the music, move to the rhythm, relieve stress, improve your mood and focus!

Monday nights x10 | Fee: €80

Tutor: Aisling Nolan



Enrol today! Call us on 053 942 1167 | info@goreyadulthood.ie | www.goreyadulthood.ie

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WEDDING ESSENTIALS

Our Wedding First Dance Fundamentals class will set you up for the big day!

Monday nights x10, 8.45pm to 10.15pm, €80

Learn to create a stunning bride's rose bouquet and buttonhole. One-day workshop, flowers and materials provided.

Saturday, February 8 | €100

FROM COUCH TO 5K

Build up your fitness gradually - and sustainably - so that you will be able to run 5K comfortably at the end of this course. It's not a race, you will find your own pace!

Monday nights x10 | Fee: €100

Starts Monday, March 2

Tutor: Ger Doyle



FOOD FERMENTATION

Learn the benefits of the superfood that is fermented food. It's a probiotic, digestive tonic and rich in antioxidants. Make a simple fermented food every week. The class covers all you need to ferment food.

Wednesday nights x5 | Fee: €80

Starts February 26

Tutor: Stacia Ring



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