

Adult Learning - Course Information Sheet



SMBC05CA - Acupressure For Beginners

Abington Bowling Club

Abington Bowling Club
12 Park Avenue S
Northampton

NN3 3AA

Start Date: 02 March 2019
Start Time: 10:00
Day: Saturday
Weeks: 1
Hours: 5
Cost: F=£41.00; R=£41.00
Tutor: Mrs Janet Flowers

Aims

Students will be able to perform introductory movements of Acupressure seated/massage,

Outcomes

- a) Discuss the theoretical and practical knowledge of Acupressure seated massage
- b) Recognise the benefits
- c) Demonstrate the practical use of giving a Acupressure seated massage to friends and family

How

Discussions, demonstrations and practical work.

Qualification

No, this course is for beginners.

Bring

Packed lunch and water, notebook and pen.

Next Steps

Health and Safety

Information

As part of our Information, advice and guidance service we are able to offer you an interview with a National Careers Service advisor to explore further learning, careers advice and volunteering opportunities. To register your interest, please contact: CommunityLearning@firstforwellbeing.co.uk

