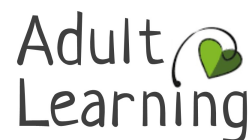


Adult Learning - Course Information Sheet



SAB6CA18 - Acupressure For Beginners

Abington Bowling Club

Abington Bowling Club
12 Park Avenue S
Northampton

NN3 3AA **Room** Upstairs Room

Start Date: 29 February 2020
End Date: 29 February 2020
Start Time: 10:00
End Time: 15:00
Day: Saturday
Sessions: 1
Tutor: Mrs Janet Flowers

Course Descriptions

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

Course 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 will the course be taught?

Discussions, demonstrations and practical work.

What do I need to bring?

Packed lunch and water, notebook and pen.

Further Support or Progression

Please let us know if there is anything we can do to help and support you on this course, or if you need help to understand our fees or concessions. You will find out about further learning opportunities and progression information during this course. Further information can also be found here:

www.northamptonshire.gov.uk/course-info

Health and Safety

When you enrol, please let us know if you require additional personal support to participate in this course. Your tutor will give you information about Health and Safety on the first day. For information on how to keep safe online go to https://safety.lovetoknow.com/Internet_Safety_Adult and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or get help and advice about preventing scams call the Citizens Advice consumer helpline on 03454 04 05 06.

Further Information

Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/> s

