

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

- Discuss the theoretical and practical knowledge of Acupressure seated massage
- Recognise the benefits
- 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

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.

Information

If you are enrolled on, or considering enrolling for a course or qualification with us, we can signpost you to the National Careers Service. This can be helpful if you would like to progress to further learning and/or employment and would like support from a qualified National Careers Service adviser. For more information please email: CommunityLearning@firstforwellbeing.co.uk or call us on 01604 367 119.

