



EDUCATIONAL PROGRAMS AND TRAINING

# LIFE WISE

*"Adulting made Easy"*



## 4 Sessions Adult Education

### Students will learn:

- 1 Time management & organization
- 2 Resume building, job search and interviewing strategies for success
- 3 Financial planning & money management
- 4 Healthy Living: stress management, self care & healthy relationships

Life Wise is a personal development program specifically designed for mature students. This program addresses the challenges students face balancing the demands of school and everyday adult responsibilities. Students will develop the mindset and life skills inspiring them to lead happy and healthy lives, while in pursuit of their educational goals and beyond.

For more information please contact:

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