

Relaxation.

We love your attitude! Learning new things boosts the body's natural production of dopamine (you know, the feel good hormone).

Let's have more of that.



REFLEXOLOGY

A relaxing workshop where you explore the principles of reflexology – use this to balance your physical health and restore emotional well-being.

MON 21 AUG • 1 session
9.30am-3.30pm • \$90

FRI 10 NOV • 1 session
9.30am-3.30pm • \$90

INDIAN HEAD MASSAGE

Indian head massage concentrates on the upper back, shoulders, arms, neck, scalp and face. Find out how to reduce your stress and make your day go better.

FRI 18 AUG • 1 session
9.30am-3.30pm • \$90

FRI 3 NOV • 1 session
9.30am-3.30pm • \$90



Home economics.

With a little know how and social savvy skills watch your dream take flight..

B&B - EARN MONEY FROM YOUR HOME

Hear from an internationally published author of how-to guides on B&Bs. This workshop has a focus on how to successfully get into the B&B market, promote on key platforms, compliance considerations and industry change implications for regional tourism.

SAT 23 SEP • 1 session
9.00am-1.00pm • \$70

SAT 18 NOV • 1 session
9.00am-1.00pm • \$70



Live Life Happy

WELLBEING CREATIVITY TRAVEL



Edition 2

Language.

Our language lessons are just brilliant. Totally tailored to meet your needs and interests; they are based on real life dialogues and texts that anybody could experience in travel or everyday situations.



As you progress, your vocabulary expands, so too your confidence! You speak for longer periods, you start seeing the grammar patterns in the language and it falls into place. Book early these are hugely popular.



ITALIAN FOR BEGINNERS AND TRAVELLERS

TUE 1 AUG • 8 sessions
5.30pm-7.30pm • \$190

ITALIAN CONTINUATION

TUE 17 OCT • 8 sessions
5.30pm-7.30pm • \$190

MANDARIN

WED 2 AUG • 8 sessions
5.30pm-7.30pm • \$190

THU 12 OCT • 8 sessions
5.30pm-7.30pm • \$190

SPANISH – MEDIUM LEVEL

WED 25 OCT • 8 sessions
5.30pm-7.30pm • \$190

The squad.

Endlessly positive and intensely energetic the ACE team of professional trainers, community board, executive group and customer care crew share a belief in the power of you and your life resolutions.

Meet your Live Life Happy training squad.

**HOO-
RAY!**

ARTIST - HARRY WESTERA
TEXTILE ARTIST - SHELLEY MONKLAND
ARTS PRACTITIONER - VICTORIA PITEL
DESIGNER & CREATOR - HEATHER STEVENSON

MASTERS OF TEACHING CHINESE - XI XIA
LANGUAGE TEACHER - YENNY TINNING
LANGUAGE TEACHER - JOANNE LYNCH

COUNSELLOR - SALLY JOHNSTON
NATUROPATH - HEATHER ELLEMOR-COLLINS
NATIVE BEE SPECIALIST - FRANK ADCOCK
NATURAL HEALTHCARE PRACTITIONER - KERRY NIJM
AUTHOR - STEWART WHYTE

Say Hello.

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Here's a fresh and zesty new bunch of lifestyle & leisure workshops just for you, yes you!
Let's embrace the season and tick at least one personal goal off the list.



There are so many reasons to launch into something new – gosh who knows where that might lead – now that's worth thinking about.

SHOP THESE COURSES ONLINE
ACECOLLEGES.EDU.AU



Wellbeing.

MAKE A HERBAL REMEDY KIT

Interactive and fun – you will make common remedies including insect repellent, sunscreen, skin cream for cuts and a chest rub for coughs and colds. It's your starting point in herbal remedies - how lovely.

MON 14 AUG • 3 sessions
5.30pm-8.30pm • \$110

MON 16 OCT • 3 sessions
5.30pm-8.30pm • \$110

REDUCING STRESS AND BUILDING RESILIENCE

Life's challenges (large and small) all need to be negotiated. Learn new skills to help navigate these tricky times. Resilience is the new must have.

WEB 18 OCT • 1 session
9.30pm-3.00pm • \$90



BENEFITS OF KEEPING NATIVE BEES/FIELDTRIP

Find out how to manage a healthy native bee hive and then see how it all works in practice out in the field. Plus extract pot-honey from a honey super and dip in for a taste.

SAT 16 SEP • 1 session
9.30am-3.30pm • \$60

SAT 18 NOV • 1 session
9.30am-3.30pm • \$60

CARING FOR THE CARER

Carers are remarkable people of all ages who need support, understanding and practical strategies to help take care of themselves. Learn how.

MON 21 AUG • 1 session
9.30am-3.00pm • \$90

Wash your stresses away, feel calmer, clearer & just better. Get your friends together & do something good.

Just say yes.

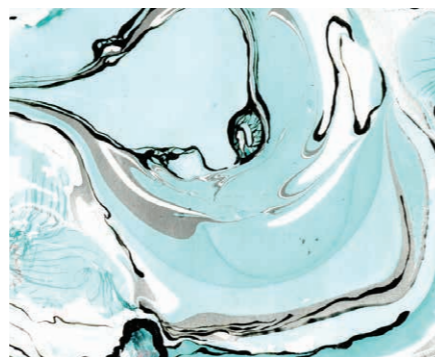
Creativity.

CREATING A COLOUR WHEEL

Learn how to dye a colour wheel in cool and warm primary cold water dyes in 3 gradations. This 'know how' gives you one-off designs every time.

SAT 12 AUG • 1 session
9.30am-3.30pm • \$190

Make your home just that tiny bit more special.



PLATTERS AND BOWLS IN CLAY

Have you ever looked at those amazing handmade platters, serving dishes, cheese plates or fruit bowls in stores and thought wow. Sign up and take home a gorgeous piece made by you.

WED 2 AUG • 3 sessions
9.30am-12.30pm • \$120

WED 18 OCT • 3 sessions
9.30am-12.30pm • \$120



MARBELLING ON FABRIC

Experiment with layers, resists and dyed fabric overlaid with marbling. Plus everyone will take home a mini marbling set.

SAT 11 NOV • 1 session
9.30am-3.30pm • \$90

Artistry.

DRAWING BASICS

Use proportion, line, light and shade to express your visual ideas with greater clarity. All you need is pencil and paper. Gosh how fabulous.

SAT 2 SEP • 2 sessions
9.30am-3.30pm • \$150

A BRUSH WITH ITALY (WATERCOLOUR)

Turn your Italian photo memories (or dreams) into watercolour paintings. Really, anyone can.

SAT 21 OCT • 2 sessions
9.30am-3.30pm • \$150



MOSAIC JEWELLERY

Design and create your very own mosaic jewellery using brightly coloured glass and ceramic tessera.

SAT 4 NOV • 1 session
9.30am-12.30pm • \$60

SAT 9 DEC • 1 session
9.30am-12.30pm • \$60



One thing for certain you will be all the happier for the experience.