

**CHANGE
YOUR LIFE,
CREATE
YOUR FUTURE**

3 REASONS TO GET INVOLVED

1. GET FIT & MAKE FRIENDS

Improve mental and physical wellbeing

2. CHANGE YOUR LIFE

Access to future courses

3. GET INTO WORK

Gain 2 SVQ level 4 Qualifications



HOW WE'VE HELPED



Fantastic! It got me off the sofa, stopped smoking and drinking less tea. I have started eating better along with every one of us has got a lot fitter and we've met some great people. Since completing the course, I have continued to be active and exercise. I have also started working as a minibus driver for elderly people in my local community. I love it! Would highly recommend this course. It's fun, free and run by a great team.

Karen, Graduate from SOHK 2019

s o H k

SCHOOL OF HARD KNOCKS

WHERE

Kirkcaldy Rugby Club, Balwearie Road, Kirkcaldy, KY2 5LT

WHEN

Starting 27th Aug (Tuesday - Thursday)
9:45am - 2:30pm for 6 weeks

WHO

Calum@schoolofhardknocks | 07825 918 105

OTHER INFO

Free Lunch Provided
Assistance with Training Kit

Help with Bus Travel
One to One Mentoring