

Are you unemployed? Are you 19 years or over?

Want to do something different with your life?

Do you want someone to actually LISTEN to you?

**£50 SUPERMARKET VOUCHER OF YOUR CHOICE**

**Including** up to **£25** travel expenses each week

**Bring a friend** and when they complete you get **£10**

**None of these monies affect benefits.**

**Get a certificate and a job reference**

Build your confidence. Have fun. Meet new people**.**

**The LAB project** is a **two-week** course aimed to boost self-esteem and motivation. Each day is different, practical and has something for everyone. Boost your confidence, create a routine, learn employment skills get help in deciding what career you would like and how to achieve it, and it is just a great way to learn new things and laugh more than you have done in years.

The next LAB projects will be:

**4th- 15th June**

**Tree of Life Centre, Greenbrow Rd, Wythenshawe, M23 2UE**

**Introduction session on Friday 1st June 12pm- 1pm**

This course runs from **10am – 3pm** Mon – Friday

This is a very popular course. Limited spaces.

To get a place Email/ **call/ text your contact details to**

**Chris@properjob.org.uk – 07852 242576**

**Sarah@properjob.org.uk – 07765 978534**