

# Distance Learning

From Middlesbrough Community Learning

Free online courses for Tees valley residents aged 19+ Include:

<b>Alcohol Awareness</b>	<b>Dementia Awareness</b>	<b>Healthy Eating</b>	<b>Fire Safety</b>
<b>Weight Management</b>	<b>Sexual Health Awareness</b>	<b>Exercise and Fitness</b>	<b>Understanding Anxiety</b>
<b>Internet Safety</b>	<b>Eating Disorders</b>	<b>Stress Management</b>	<b>Substance Misuse</b>
<b>Safeguarding Adults and Children</b>	<b>First Aid</b>	<b>Understanding Depression</b>	<b>Conflict Management</b>

To find out more and register today

[www.mcls.ac.uk/equal.html](http://www.mcls.ac.uk/equal.html)

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Middlesbrough Community Learning is Middlesbrough Council's adult education service