

# (ESOL) Create a Work/Life Balance

Provided / Operated by:

**North Yorkshire Council – Adult Learning & Skills Service**

 **Course Address:**

This is an Online Course

 **Contact Details:**

**Phone:** 01609 536066

**Email:** [adultlearningservice@northyorks.gov.uk](mailto:adultlearningservice@northyorks.gov.uk)

 **Days & Dates:**

Thursday: 6:00pm – 8:00pm

16th April 2026 to 14th May 2026

 **Costs:**

Free