



Brain Yoga for memory skills

A *FREE workshop to help you exercise and nurture your memory, while developing strategies to relieve stress.

Where:	Winterbourne and Wickwar
How long:	2 hour workshop
Starts:	May

For further details and to book your place, please contact Community Learning Team Leader Teresa Howell - 07584580223 teresa.howell@southglos.gov.uk or Wendy Barnett 07845055276 wendy.barnett@southglos.gov.uk

**For adults aged 19+ with few or no qualifications. ESOL and accredited employability courses are subject to fees unless you are on means-tested benefits. Please ring for further information*