



Relaxation and Stress Management for Wellness

A ***FREE 2-week course** to help you manage difficult situations and learn new ways to relax your mind

Where:	Meeting Room, Yate Library
How long:	2 Weeks
Starts:	May 3rd 10:00 – 1:00

For further details and to book your place, please contact Saph Gordon, Community Learning Development Worker on 01454 864 613 or email: community.learning@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*