



Time to Relax

Starting Monday 7th November 1pm-3pm
FACE, Elm Park, Filton BS34 7PS

A FREE 6-week course exploring ways to manage stress and boost self esteem.

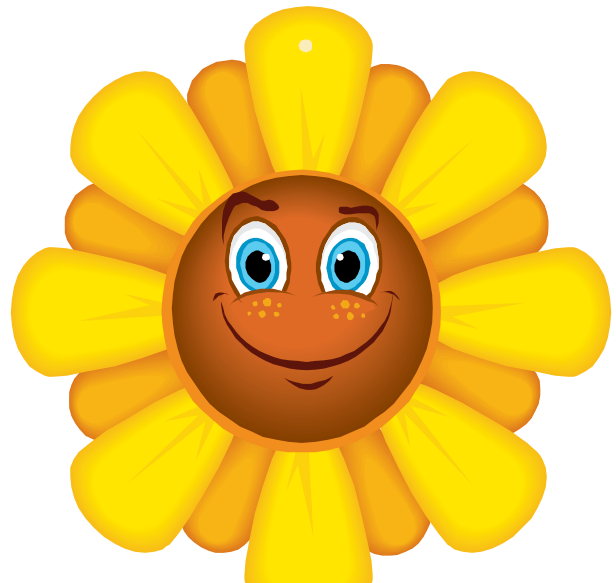
In a small and relaxed group you will:

~recognise the triggers that cause stress

~consider how stress can affect your wellbeing

~explore a number of basic relaxation techniques.

~identify ways to make positive time for yourself



For more information and to enrol please call Jane on 01454 864687 or email jane.thomas2@southglos.gov.uk