

Are you exhausted, stressed
or grappling with a challenge, and illness,
separation or loss?

Do you want to be more organised and
less preoccupied with useless worries?

**LEARN THE 'HOW' OF TAKING CARE OF YOURSELF AND
FEELING A GREATER SENSE OF RESILIENCE AND BALANCE.**

STRESS REDUCTION WORKSHOP

For many people, everyday stress builds to a level that seems too hard to handle. Pressures mount as you try to meet the demands of family and work. Caring for children or elderly parents, deadlines at the office, mounting bills all become overwhelming. Attending a stress reduction workshop can give you the tools you need to cope with the stress in your life.

Info, Dates & Registration: <https://tinyurl.com/ya44423c>