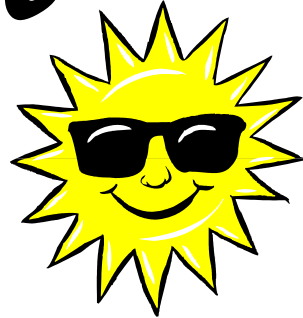




For better
mental health

Anxiety Management



Free 10 Week course begins 25 September 09

Venue: The Courtyard, Goole

Time: 10.00-12 noon, Fridays

Tutor: Jeanne Bell

Recognise the symptoms of stress and anxiety and learn relaxation techniques to help reduce these symptoms.

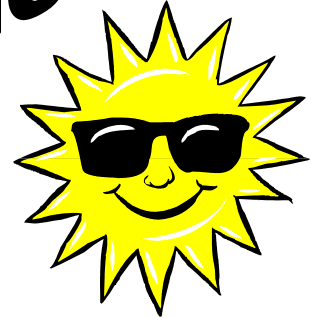


To book your place:
Hull & East Yorkshire Mind
The Courtyard, Boothferry Road,
Goole, E. Yorkshire, DN14 6AE
Tel: 01405 837130 or email:
goole@mindhey.co.uk



For better
mental health

Anxiety Management



Free 10 Week course begins 25 September 09

Venue: The Courtyard, Goole

Time: 10.00-12 noon, Fridays

Tutor: Jeanne Bell

Recognise the symptoms of stress and anxiety and learn relaxation techniques to help reduce these symptoms.



To book your place:
Hull & East Yorkshire Mind
The Courtyard, Boothferry Road,
Goole, E. Yorkshire, DN14 6AE
Tel: 01405 837130 or email:
goole@mindhey.co.uk