



**Free 10 week course begins 22 September 09**

Venue: The Old Court House, Pocklington

Time: 10.45–12.45 Tuesdays

Tutor: Jeanne Bell

Learn about the benefits of making healthy lifestyle choices and the use of relaxation techniques



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](mailto:goole@mindhey.co.uk)



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