



Free 10 week course begins 25 September 09

Venue: The Courtyard, Goole

Time: 1–3pm Fridays

Tutor: Jeanne Bell

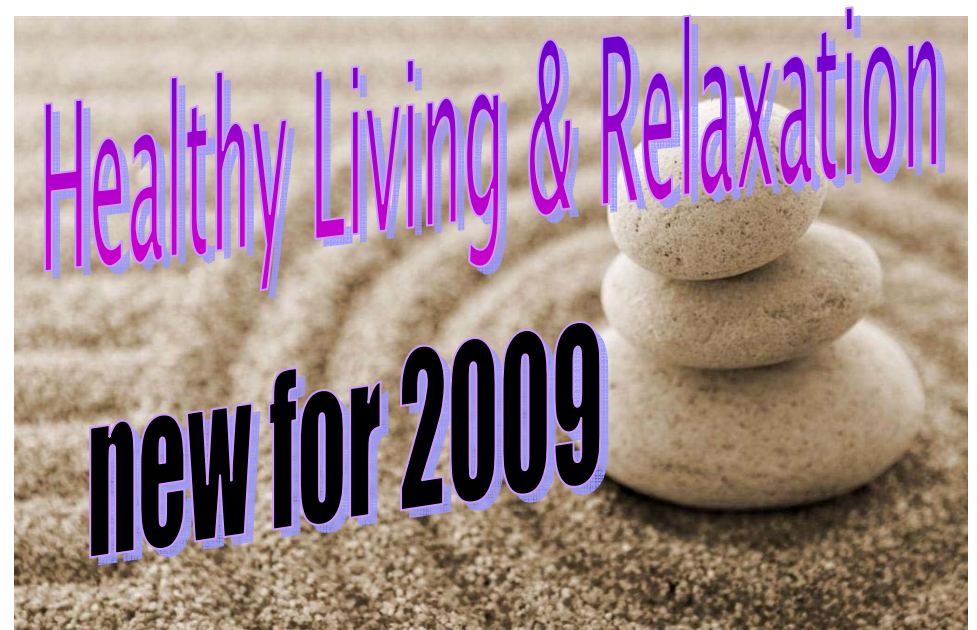
Learn about the benefits of making healthy lifestyle choices and the use of relaxation techniques



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



Registered Charity No. 1101976 Company No. 4936165 Charity Registered in England



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