

Parents.....

**Are you in need of some
'me time'?**

**An upbeat approach to physical and
emotional wellbeing.**

**Do you sometimes feel anxious.....
irritable..... angry.....depressed.....?**

**Do you sometimes have trouble,
sleeping.....difficulty concentrating....
feel overwhelmed emotionally.....or is life
just losing it's sparkle?**

**Register today to reserve your free place!!!
Wednesday 12.30pm - 1.30pm via Zoom
(Additional dates: 3rd & 10th August).**



**For more information or to book your
place, please contact us on
01562 827 207 / 01299 877 920**

