

# FREE

# FREE LUNCH FREE GIFT FREE PROGRAMME

All participants will receive:

A **£20** Voucher for beauty care from:



Or a **£20** Voucher for:



Are you stressed or anxious?  
Do you struggle to manage  
anger or strong feelings?



Would you like to learn some simple ways to help you feel calmer, more confident and positive, and more able to handle things?

## Take Five for Adults



1st July 2024 9.30am – 3pm

Community Room, Worksop Priory Academy, Holles Street, Worksop. S80 2LJ

### LEARN:

- Easy to use breathing techniques.
- How to release toxic stress.
- How to handle strong emotions better.

Places are limited.

Scan the code to book/sign-up for the course or call: **07812 396184** to book your place



Funded by  
UK Government

Take Five delivered by:



Not for profit Community Interest  
Company based in Nottinghamshire