

## FREE LUNCH FREE GIFT FREE PROGRAMME

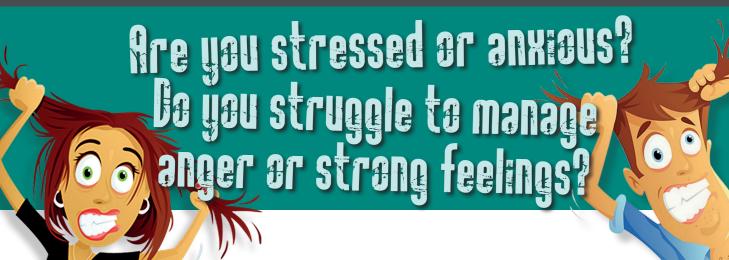
**All participants will receive:** 

A £20 Voucher for beauty care from:



Or a £20 Voucher for:





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





