

Stress Buster Workshop

wea.org.uk

Stress Buster

What makes you feel stressed?

How do you deal with stressful situations?

Explore ways to combat some of the stress in your life.

When: Friday 29th June 2018

Where: Age UK Lindsey Lifestyle Centre,
34a Crosby Road, Scunthorpe,
Lincolnshire, DN15 6SF

How long: 1 session

Time: 1.30pm - 3.30pm

Cost: FREE

Reference: C3673941

Book today:
enrolonline.wea.org.uk
0300 303 3464



The WEA is a charity registered in England and Wales (no. 1112775) and in Scotland (no. SC039239).



WEA
Adult Learning
Within Reach