

# Stress Buster Workshop

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# 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 29<sup>th</sup> 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](http://enrolonline.wea.org.uk)  
0300 303 3464



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