

Monthly Wellbeing workshops Wednesdays 6.00pm-7.30pm in the library at Sett Valley Medical Centre

- Anxiety management
- Sleeping well
- An introduction to Mindful Self compassion
- Weight management

These topics will take place on a rolling basis throughout the year. The cost for each workshop is just **£15** payable prior to each workshop.

The first work shop for 2019 will be **Anxiety management** on **February 6 2019**.

Facilitated by Annette Boden MSc

Annette is a UKCP registered integrative psychotherapist, hypnotherapist and Trained Mindful self-compassion teacher offering a clinical psychotherapy service at Sett Valley medical centre on Wednesdays from 4.30pm.

To book your place and for further information please *Telephone 01663 743483 and select 'option 6' to speak to Corrine Dale and book your place.*

Places are limited to 8 each month so early booking is advised.

