

Stress Control

A **FREE** 6-week Stress Management Programme

*Health First,
Stress Less!*



A choice of 3 FREE Stress Control Programmes:

<u>BALLYCLARE</u> Ballyclare Town Hall	<u>GLENGORMLEY</u> Integrated Primary School	<u>MONKSTOWN</u> Monkstown Village Centre
Tuesday Evenings 7:00pm – 8:30pm	Wednesday Evenings 7:00pm – 8:30pm	Thursday Mornings 11:00am – 12:30pm
17th September – 22nd October 2019	18th September – 23rd October 2019	19th September – 24th October 2019

Currently suffering from stress, know someone who is or want to be better equipped, then this is the course for you!

Pre-registration is not essential but if you would like to express your interest or have any questions email: stress.control@northerntrust.hscni.net

COMPASSION



C

OPENNESS



O

RESPECT



R

EXCELLENCE



E

To deliver excellent integrated services
in partnership with our community