

*Relieve stress during the Christmas  
countdown and give yourself time to*

**Relax &  
unwind...**

**Group relaxation-  
Guided visualisation**

**Free Group Relaxation Session**

**Every Thursday 30<sup>th</sup> Nov- 21<sup>st</sup> Dec 11am-12pm**

**@**

**Energise Centre**  
Live life to the full

**Relieve stress and tension, rest and revive.**

**Booking essential, call 0161 212 5700 to reserve your  
place.**



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