

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

**Relax &
unwind...**

**Group relaxation-
Guided visualisation**

Free Group Relaxation Session

Every Thursday 30th Nov- 21st 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.**



Find us on
Facebook

www.facebook.com/energiseandwillowtree



www.twitter.com/EnergiseCentre

The Energise Centre
3 Douglas Green, Salford,
M6 6ES
Tel: 0161 2125700
energise@thebiglifecompany.com
www.energisecentre.co.uk