

## MONDAY

### Narcotics Anonymous

⌚12.30pm-2pm Free

### Sugar Group (Diabetic Support Group)

⌚1pm-3pm £3

### Reflexology and Indian Head

**Massage** (appointments only, call 0161 455 0211)

⌚1pm-4pm

£10 waged, £5 unwaged

### Manchester Community Qigong

⌚4pm-5pm beginners

⌚5pm-6pm intermediate

£3 donation, contact Rae Story to join

[raestorywork@yahoo.co.uk](mailto:raestorywork@yahoo.co.uk)

## TUESDAY

**Homeopathy** (appointments only, call 0161 226 5413) ⌚12:30pm-7:30pm

£10 per session. **Contact Sue Hladky**

**on 0161 224 4125**

### Flex-it@50

⌚12pm-1pm £3

### CFC Counselling

⌚10am – 1pm. To book an appointment ring Kath Locke reception on **0161 455 0211**

### Women's Yoga

⌚5pm-6pm £4 Call: 0782 185 1912

### Social Phobia

⌚7pm-9pm Free

### Kundalini Yoga

⌚6.15pm-7.45pm

10 weeks, start anytime; £60 for 10 weeks, £6 initial drop in

### Massage therapy (private clinic)

⌚11:00am – 2:30pm

Male therapist

£15 waged/£10 unwaged

To book an appointment ring Kath Locke reception on **0161 455 0211**

## WENESDAY

**Can Survive – WOW** (Women's group) Every fortnight, Free

⌚1:00pm – 3:30pm

Contact Marcella on 07496 089310

## WENESDAY cont.

### CFC Counselling

⌚10am – 1pm. To book an appointment ring Kath Locke reception on **0161 455 0211**

### Massage Therapy:

⌚ 2.00 – 5pm

**Appointments ring Kath Locke reception: 0161 455 0211**

**£10 waged, £5 unwaged**

### Seated acupressure

⌚10.00am – 12.30pm

£10 waged £5.00 unwaged

To book an appointment ring Kath Locke on **0161 455 0211**

## THURSDAY

**Fitness & Friends** (for 50+ and beginners) ⌚10am-10:45am £3.50

### Kundalini Yoga

⌚11am-12.30pm & 6.15 – 7.45

10 weeks, start anytime; £70 for 10 weeks, £6 initial drop-in

For people getting benefits and using Kath Locke: £40 for 10 weeks, £4.50 initial drop-in

**Can Survive UK – MOT** (Men's group) Free, Every fortnight

⌚1:00pm-3:00pm

Call Marcella on 07496 089310

### Lyengar Yoga

⌚6.30pm-7.45pm £5

Call Rita on 0779 184 2624

### Acupuncture session

⌚9:00am – 8:00pm

£15 per session

Call Mel on 07594 235812

### Alison Lewis: Hypnotherapy

10.00 – 3.30

Call: Alison 07790 059 4740

## FRIDAY

**Helping Hands – massage therapy** (private clinic) ⌚11:00am – 5:00pm

Call Sharon on **07494932029**

**Kath Locke Centre**  
123 Moss Lane East  
Manchester M15 5DD  
Tel:0161 455 0211



What's happening

# ThisWeek

at the Zion and Kath Locke



**ZionCentre &  
KathLockeCentre**



## MONDAY

**Massage Therapies** – Male therapist:  
full body and hand massage

**Massage Therapies** – Female  
therapist: neck, back and shoulder;  
reflexology

⌚10am-4pm

£10 waged; £5 unwaged

**RAMP (Reduction And Motivation  
Programme** – referral only)

⌚12pm-2pm Free

**Homeopathy** (appointments only) £10  
per session. To book an appointment  
ring Zion reception on 0161 226 5412

**Manchester Mind Advice Drop-In**

(Manchester residents only/ Arrive an  
hour before session starts)

⌚ 1pm-4pm Free

## TUESDAY

**Welfare Reform Drop In**

⌚10am-1:00pm Free- first come first  
served

**PARS – Womens Exercise group**  
(referral only)

⌚12.30pm-1.30pm Free

**Massage therapy** (private clinic) male  
therapist

⌚2pm-5pm; £15 a session

**Peer Support Group**

⌚5.30pm- 7.00pm Free

**Ashtanga Yoga**

⌚5:45pm – 7:15pm

£6 waged, £5 unwaged

2 month 5 class pass: £25 waged £20  
unwaged

**SHARE** (self-harm group)

⌚6pm-8pm Free

## WEDNESDAY

**Hypnotherapy**

⌚9.30am-1.30pm

Call Alison on 0779 059 4740

**Citizens Advice Bureau**

(appointments only) call:

0161 672 0515

⌚10am-12.30pm Free

**Anxiety Group Drop In**

⌚1pm-3pm Free

**Depression Group Drop In**

⌚3pm-5pm Free

**Massage Therapy** (private clinic)

male therapist

⌚2pm-5pm; £15 a session

## THURSDAY

**Manchester Mind Advice Drop In**

(Manchester residents only/Arrive an  
hour before session starts)

⌚10am-1pm Free

**Energy Healing**

⌚1pm-2:30pm Small donation

**Narcotics Anonymous**

⌚1pm-1.30pm Meditation

⌚1.45pm-2.45pm Meeting **Free**

**Yogazi**

⌚5.30pm-7pm £6 a session

**Massage Therapy** – Swedish full

body, Aromatherapy, Indian Head

Massage, Stone massage

⌚10:00am – 1:00pm

£10 waged, £5 unwaged

**Starts 26th Apr 2018**

**Massage Therapy** (private clinic)

Swedish full body, Aromatherapy,

Indian Head Massage Stone massage

⌚2:00pm – 8:00pm

£15 per session

**Starts 26th Apr 2018**

## FRIDAY

**Coffee Morning & Food Voucher  
Service)**

⌚10am-11:45am Free

**Massage Therapy** – Male therapist:  
neck, back, shoulders, full body

⌚10am-1pm

£10 waged, £5 unwaged

**RAMP (Reduction And Motivation  
Programme** – referral only)

⌚12pm-2pm Free

**Art Group**

⌚1.30pm-3.30pm Free

**Massage therapy** (private clinic) male  
therapist⌚2pm-5pm; £15 a session

**Manchester Community Qigong  
Group**

(women only)

⌚4pm-5pm 1<sup>st</sup> class

⌚5pm-6pm 2<sup>nd</sup> class

£3 donation, contact Rae Story to join  
raestorywork@yahoo.co.uk

## SATURDAY

**Flex-it@50**

⌚10.15am-1.15am £3

**Private Massage:**

⌚ 10.00 – 1.00pm £15

Contact: 0161 226 5412

**Zion Centre**  
339 Stretford Road  
Manchester  
M15 4ZY  
Tel:0161 226 5412