



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-12pm 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

TUESDAY Continued...

Peer Support Group

⌚5.30pm- 7.00pm Free

Ashtanga Yoga

⌚6pm-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

Massage Therapy – Male therapist:

neck, back, shoulder, full body

⌚11am-2pm

£10 waged, £5 unwaged

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

FRIDAY

**Coffee Morning & Food Voucher
Service)**

⌚10am-12pm 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 1st class

⌚5pm-6pm 2nd class

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

SATURDAY

Flex-it@50

⌚10.15am-11.15am £3

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



MONDAY

Narcotics Anonymous

12.30pm-2pm Free

Sugar Group (Diabetic Support Group)

1pm-3pm £3

Reiki (appointments only) 10:30am – 11:30am

£10 per session. To book an appointment ring Kath Locke reception on **0161 455 0211**

Reflexology and Indian Head

Massage (appointments only, call 0161 455 0211)

1pm-4pm

£10 waged, £5 unwaged

Manchester Community Qigong Group

4pm-5pm beginners

5pm-6pm intermediate

£3 donation, contact Rae Story to join

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

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

WEDNESDAY

Can Survive – WOW (Women's

group) Every fortnight, Free

1:00pm – 3:30pm

Contact Marcella on 07496 089310

Seated acupressure

10:00am – 12:30pm

£10 waged; £5 unwaged

Starts 1st November 2017

THURSDAY

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

Kundalini Yoga

11am-12.30pm

10 weeks, start anytime; £60 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

FRIDAY

Helping Hands – massage therapy

(private clinic) 11:00am – 5:00pm

Call Sharon on **07494932029**

Starts Jan 2018

Kath Locke Centre

123 Moss Lane East

Manchester M15 5DD

Tel:0161 455 0211



What's happening

This Week

at the Zion and Kath Locke

