



## MONDAY

### Coffee Morning & Food Voucher Service

⌚10am-12pm Free

**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; £10 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

⌚9.30pm-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; £10 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

### Self Help: e-therapy (CBT online sessions)

⌚3pm-8pm Free

### Yogazi

⌚5.30pm-7pm £6 a session

### Cuban/Brazilian dance

⌚6.00pm-7:30pm

Small donation

## 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; £10 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-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](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

### **Women's Yoga**

⌚5pm-6pm £4 Call: 0782 185 1912

### **Homeopathy Drop-In Clinic**

⌚6pm-8pm £10 a session

### **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

## 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

### **Body Massage and Indian Head Massage** (appointment only)

⌚2.30pm-5.30pm £10 waged, £5

unwaged

### **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

### **Chair based Kundalini Yoga**

⌚5.30pm- 6:30pm

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

## FRIDAY

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

Call Sharon on **07494932029**

**Starts on the 6th Oct 2017**

**Kath Locke Centre**

123 Moss Lane East

Manchester M15 5DD

Tel:0161 455 0211



What's happening

# ThisWeek

at the Zion and Kath Locke

