



## 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

