



## 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** – Swedish full  
body, Aromatherapy, Indian Head  
Massage, Stone massage

⌚ 10:00am – 1:00pm

£10 waged, £5 unwaged

**Starts 26th Apr 2018**

**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** (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-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 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

**Massage therapy** – Aromatherapy  
massage, Reiki healing.

⌚ 10:00am – 1:00pm

£10 waged/£5 unwaged

**Starting 28th Apr 2018**

**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

### 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**

## WEDNESDAY

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

⌚ 1:00pm – 3:30pm

Contact Marcella on 07496 089310

### CFC Counselling

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

**Massage therapy** – Aromatherapy massage, Reiki healing.

⌚ 2:00pm – 5:00pm

£10 waged/£5 unwaged

**Starting 25th Apr 2018**

## 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

### Seated acupressure

⌚ 10:00am – 12:30pm

£10 waged; £5 unwaged

## FRIDAY

**Helping Hands** – massage therapy (private clinic) ⌚ 11:00am – 5:00pm  
Call Sharon on **07494932029**

### Lyengar Yoga

⌚ 10:30am – 11:45am

£4.00 per session

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



What's happening

# ThisWeek

at the Zion and Kath Locke

