

Relaxation Techniques



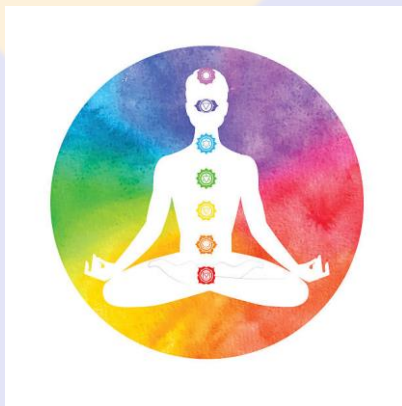
1979 40 YEARS 2019

Tuesdays

2.15pm – 4.15pm

25th February – 26th May

- Reduce stress
- Increase relaxation
- Learn new skills and techniques
- Improve personal wellness
- Learn new coping skills
- Enhance personal self-care



To register for a place – Please call 021 4226064

Shine Resource Centre, 14A Washington St West, Cork City