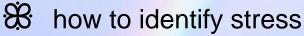


The Art of Less Stress



assumptions and beliefs about stress

B learn new skills to cope with stress

Fridays 24th January – 20th March 1.30pm – 3.30pm (no session 21st February)

Forest of Dean Community Church,
Parragate Road
Cinderford GL14 2LY

To book a place, or for more information, please contact Adult Education tel 01452 583452 / 07748 933849 or email karen.stiles@gloucestershire.gov.uk www.gloucestershire.gov.uk/aeig











