



Adult Education
in Gloucestershire



The Art of Less Stress

- ⌘ how to identify stress
- ⌘ assumptions and beliefs about stress
- ⌘ 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**