

EASING STRUGGLE

One-off drop-in sessions to help struggles with:

- **Sleep:** Tues 1st May
- **Fatigue:** Tues 8th May
- **Worries:** Tues 15th May
- **Discomfort:** Tues 22nd May



Simple mindfulness-based approaches...

Venue: Gym, Rehabilitation

Time: 6.00 - 7.00 pm

Available for patients and carers - you can sign up for all four or attend any as a one-off 'drop in' session

*For further information contact **Complementary Therapy Service**
Tel: 0161 446 8236*

NB. Staff and students can attend, but please check with facilitator prior to session

For details of future dates please check www.easingstruggle.com