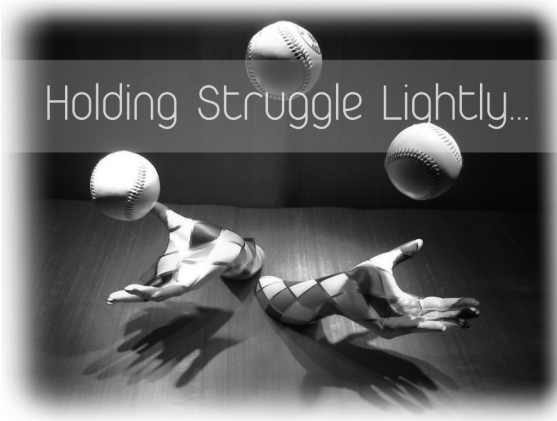


# EASING STRUGGLE

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

- **Sleep:** Tues 1<sup>st</sup> May
- **Fatigue:** Tues 8<sup>th</sup> May
- **Worries:** Tues 15<sup>th</sup> May
- **Discomfort:** Tues 22<sup>nd</sup> 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](http://www.easingstruggle.com)