Less Stress Course

- Has covid-19 and lockdown made you more anxious?
- Would you like to worry less and be able to make positive plans for the future?
- Does stress affect your sleep, mood or physical health?

If your answer to any of the above questions is 'YES', then why not join us at Olive Branch on Castle Street, Edgeley, on a Thursday afternoon from 2:30-4:15pm, starting on 20th January?

The group will look at how life over the last 2 years has affected society and us as individuals. Sessions will consider tried and tested methods for reducing stress and worry.

Overall, the course aims to encourage attendees to take positive steps towards a 'new normal' post-lockdown. The course lasts for 6 weeks.

If you want to take part, please email Jaine and Sharen on olivecommunityproject@gmail.com, phone us on 0161 425 0707 or call in at Olive Branch and speak to a member of staff.