



No. 93

NHS

Greater Manchester
Mental Health
NHS Foundation Trust

Supporting health and wellbeing in North Manchester

Take Back Your Life **Mindfulness Course**

with Breathworks

to help manage stress and physical health challenges

- Taster session: Tuesday 16 April, 1-2:30 pm
- Meet the Trainer session: Tues 23rd April, 1-2:30 pm

Please attend one of these sessions for a chat with the trainer before booking on the course

- 6 week course starts:

Tuesday 30 April - Tuesday 4 June - 12-2.30pm



"The course is welcoming & better than what I expected.

It just lifts your spirits."

"You feel stronger & you can get through your day. I've never been so calm."



GMCA GREATER
MANCHESTER
COMBINED
AUTHORITY



Funded by
UK Government

WEA
Adult Learning
Within Reach

breathworks

Venue: No. 93 Wellbeing
Centre
93 Church Lane
Harpurhey
Manchester
M9 5BG

To book your FREE place
Call Karen at Breathworks:
0161 674 9256

Breathworks is a Manchester charity supporting people with pain, illness & stress for more than 20 years. Recommended by the British Medical Association & NHS Books on Prescription scheme.