



Stress Awareness For Everyone (SAFE)



The Linskill Centre in North Shields is hosting its second Stress Awareness Day on **Tuesday, 20th. October from 11am until 3pm.**

We aim to bring together individuals, organisations and practitioners to inform, inspire and educate. We will have something of interest for everyone, from orthodox healthcare to complementary therapies.

Changes to our health on a physical level can have a huge impact on our mental health and vice versa - the aim of the day is to help you:

- B**uild resilience to stress.
- E**xpand awareness of services and resources.
- A**romatherapy, reflexology (room E10).
- T**ake part, network and meet other people and services.
- S**ocial activities.
- T**aster sessions, zumba, tai qi and yoga (dance studio).
- R**elaxation in main hall from 2.30 pm.
- E**at a healthy buffet.
- S**elf-help strategies.
- S**kills learn new skills.



For further information please contact:

Sheila Clark at sheila197@hotmail.co.uk (077900 20870)

Lynda Hedgecock at hedge32@blueyonder.co.uk (07548 134125)

The Linskill Centre, Linskill Terrace,
North Shields, Tyne and Wear, NE30 2AY
T 0191 257 8000 F 0191 270 4259
E info@linskill.org www.linskill.org
Company limited by guarantee: 04827255
Registered Charity: 1119143



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