

Breathing Course



*Need techniques to
reduce anxiety and
stresses of life?*

*Some time for
yourself to 'escape'
and 'breathe'?*



#202467027

Back to popular demand Seymour will be running six breathing/relaxation sessions at ADKC, every week starting 8th January to 12th February from 1:30 – 3:30 every Tuesday of the month.

Please call Martha on **020 8960 8888** or email Pbadmin@adkc.org.uk to book your place!