



stresscontrol

Face your fears; be more active; boost your wellbeing



Stress affects us all in our daily living

Learn ways to recognise the signs of stress and gain helpful tips to manage it

- **Free** six session on-line programme
- Two sessions per week, each session lasts 90 minutes
- Each session will be available on demand for 48 hours

TAKE CONTROL WITH STRESS CONTROL

SEPTEMBER: Commencing Monday 7th September

	SESSION ONE	Monday 07/09/2020 2pm and 8:30pm
	SESSION TWO	Thursday 10/09/2020 2pm and 8:30pm
	SESSION THREE	Monday 14/09/2020 2pm and 8:30pm
	SESSION FOUR	Thursday 17/09/2020 2pm and 8:30pm
	SESSION FIVE	Monday 21/09/2020 2pm and 8:30pm
	SESSION SIX	Thursday 24/09/2020 2pm and 8:30pm



For further information and to access the course, go to:

www.stresscontrol.ie