

Introduction to Managing Stress

WHERE: Newry City Library

WHEN: Wednesday 24th November 2022

TIME: 10:00am – 12:00 noon

**FREE
COURSE**

This course aims to raise your awareness of stress and its causes, and will help you learn how to take the appropriate steps towards managing your stress levels positively.

Interested in a course? Get in touch and register today:



028 3025 7012



Recoverycollege.east@southerntrust.hscni.net

Introduction to the Menopause

WHERE: Newry City Library

WHEN: Thursday 17th November 2022

TIME: 6:30pm – 7:30pm

**FREE
COURSE**

This course aims to increase understanding of the symptoms, causes and stages of Menopause. It offers information on treatments and support available to help you manage Menopause.

Interested in a course? Get in touch and register today:



028 3025 7012



Recoverycollege.east@southerntrust.hscni.net