

Guided Relaxation



Phyllis
Tuckwell
Hospice Care
...because every
day is precious

Assisting you with positive
thinking and relaxation

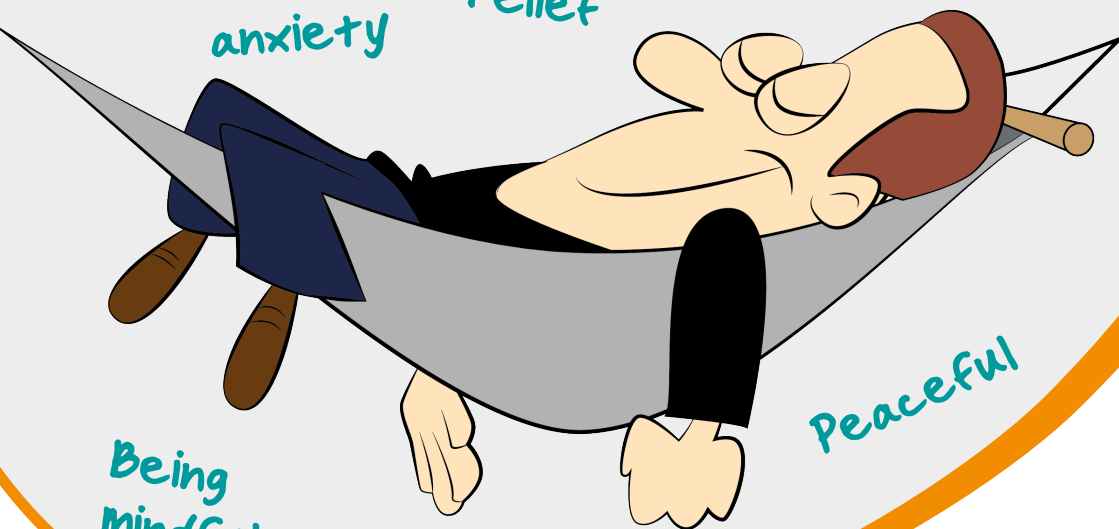
Alternate Thursdays
1pm-2pm
Phyllis Tuckwell Hospice

Emotionally
uplifting

Reduces
anxiety

Stress
relief

Relaxation



Being
mindful

Calm

Peaceful

A brief introduction to how we can move into the positive area of the brain, followed by a guided relaxation.

For more information about these sessions,
please contact Angie Shepherd on **01252 729437**.

To book your place call **Angie** on **01252 729437**

Living
Well