**LOOK GOOD AND FEEL WELL HEALTH & WELLBEING SESSIONS IN SEPTEMBER 2014**

* **Stress Management**
* **Beauty Tips**
* **Relaxation Techniques**
* **Exercise Sessions**
* **Food and Mood**
* **Healthy Refreshments**

**At the**

**Old Trafford Community Centre**

**Shrewsbury Street**

**M16 9AX**



**DATES: Every Thursday including 4th, 11th, 18th  and 25th September**

**TIME: 10 am to 12 noon**

**Contact Aliya on 0161 912 2725 or 07928843762**



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