

# FREE 6 WEEK ONLINE COURSE!



Free to  
adults  
aged 19+

## Managing Stress & Anxiety

**PLACES ARE LIMITED**  
**PLEASE BOOK EARLY TO AVOID DISAPPOINTMENT**

- ✓ This course will look at what stress is and what causes it
- ✓ Learn how to recognise the signs of stress and anxiety and how they affect wellbeing
- ✓ Learn relaxation techniques and how to respond more positively to life's challenges
- ✓ Delivered online via Zoom by an experienced Instructor

**Zoom sessions will take place on the following Thursdays:**  
**17<sup>th</sup>, 24<sup>th</sup> September, 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup> October 2020**  
**9.30am – 11.30am**

To find out more or to book:  
call: 030 300 38212  
email: [community.info@sussexdowns.ac.uk](mailto:community.info@sussexdowns.ac.uk)

