

Reduce stress amp anxiety 2 hr Workshop on 250317

Location

South East, East Sussex<https://www.freeadsz.co.uk/x-502242-z>

2 hr workshop on 25/03 in Brighton Find out how to stop panic attacks, constant worries & over-analysing. Learn tools & techniques to let go of stress to improve your health & increase your wellbeing. Find calmness, emotional balance and regain your energy & strength. Saturday, 25th March 2017 11am-1pm, £20 per person
 Holistic Health Clinic, Brighton near Preston Circus BN1 4QH ;



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