

Calm & Connect



Find calm and happiness in five free sessions

A free course for anyone in Hackney who is feeling worried, low or anxious.

In five group sessions you will learn about managing stress, relaxation techniques, understanding anxiety, how gentle walking helps us feel good and the links between food and mood. The course will end with a celebration brunch, cooked together.

When?	Wednesdays 25th March - 22nd April 12.30pm to 2.30pm
Where?	Healthy Living Centre, 170 Pitfield St, N1 6JP
How do I get there?	Train: Old Street, Hoxton Buses: 394 (Pitfield Steet stop) 243, 242,149, 76 (Hoxton Station stop, short walk)
Who?	Anyone who lives in Hackney
Cost?	Free
Book a place:	Call 020 7033 8587 or 020 7033 8500 Email teresa@shoreditchtrust.org.uk