

STRESS CONTROL

A **FREE** 6 WEEK COURSE TO TEACH YOU THE SKILLS TO DEAL WITH STRESS

PROUDLY PRESENTED BY THE HSE
IN PARTNERSHIP WITH
CORK CITY COUNCIL, CORK GAA AND
THE GAA'S HEALTHY CLUB PROJECT

WHERE?

Macroom GAA Club, Macroom GAA Hall,
Castle Grounds, Macroom.

OR

Millennium Hall, Cork City Hall, Anglesea Street, Cork.

WHEN?

MACROOM GAA CLUB: Thursday evenings: 20th, 27th
of September & 4th, 11th, 18th & 25th of October 2018,
7pm - 9pm

OR

MILLENNIUM HALL, CORK CITY: Monday evenings: 1st,
8th, 15th, 22nd of October & 5th & 12th of November 2018
7pm - 9pm

FOR FURTHER INFORMATION OR TO BOOK A PLACE PLEASE
email your name, contact number and choice of venue to:

CorkBeatsStress@hse.ie or call 086 7871016

EARLY
BOOKING
ADVISED!

