

## A Date for your diary

### **Mind Matters—stress & how to combat it.**

Tuesday, 13th March, 2007

St George's Church Extension, Tiverton

- 10.30am Anna Prior & Isla Gale, Primary Care Mental Health Workers:  
Stress - signs, symptoms and strategies for coping
- 11.30am Coffee
- 11.45am Fran Hamilton, Psychological therapist: Mindfulness
- 1.00 pm Lunch
- 1.45pm Azure Nunney, art therapist: Relaxation & stress release through creativity  
(N.B. This session is for everyone. It does not demand any expertise in art.)
- 3.15pm Close

We hope that the day will be relaxed with plenty of time for all participants to contribute.

We are aware that some participants might find sitting for prolonged periods difficult and we hope that everyone will feel free to move about as and when they wish to.

If you have any questions please phone 01884 258507

Booking by March 6th, 2007 is essential. Please return booking form to:  
VSS, Beck House, Beck's Square, Tiverton, EX16 6PJ.

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I would like to attend the **Mind matters—stress & how to combat it** forum on March 13th.  
The forum is free but I understand there will a £10 charge if I do not attend having booked.  
Name:

Address (including contact telephone):

Signature: