

Moving Forward

**A free four week course to help
you manage anxiety and stress.**

**Learn how to think differently and
enjoy a happier and healthier life.**

**Every Thursday, 10.00am – 11.30am
(starting 15 May for 4 weeks)**

St Mark's Church, 23 New Chester Road, New Ferry, CH62 1DG.

For more information or to book a place call **0151 630 8383**.

**liveswell**

www.wirralct.nhs.uk

 **for you,
with you**