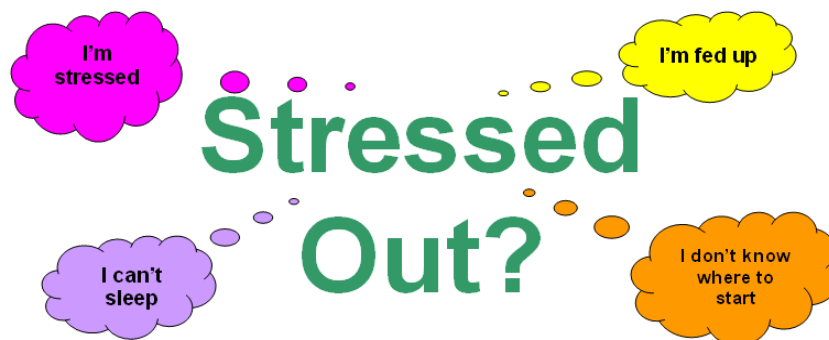


going well



STRESSBUSTERS BORDERS are offering
FREE CLASSES in
Stress Management

Come along to one or all of them to learn about the common effects of stress, and get some practical advice

**Thursdays
5.30 – 6.30pm
Hawick Library
January 2015**

This is a **FREE** information class, **NOT** group therapy. You won't be asked to talk about yourself or your problems. If you think you need individual help please contact your GP.

Thurs	8 th	Jan 2015	Understanding stress
Thurs	15 th	Jan 2015	Improving sleep and relaxation
Thurs	22 nd	Jan 2015	Managing thoughts that bother you
Thurs	29 th	Jan 2015	How to feel better about yourself

For more information or to book your place contact Hawick Library on 01450 364 640



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