

THE
VENUE
@ THE MAZCC

'Getting Back on Top'

Neshama Works
Personal Development Programme
will be hosting

'Getting Back on Top'

A new course for people recovering from long-term health conditions



Getting back on top is a FREE course which will help you to:

- Feel **less stressed** with mindfulness and relaxation techniques
- Feel **fitter and more energetic** with new ways to get exercise & a better diet
- Learn how to **deal with doctors** and other health professionals
- Deal with **anger and frustration**
- Improve your **confidence** and self-esteem
- Make plans for a **better future**
- Meet new people and **connect** to volunteering, training & social opportunities

@Leeds Jewish Welfare Board, Leeds LS17 6AZ

Date to be confirmed for August / Sept 2017

Free of charge * Refreshments provided *

Please contact Yinka Ayeni or your support worker on 0113 268 4211

Or email: Yinka.ayeni@ljwb.co.uk to book your place

140
YEARS
LJWB
POSITIVELY CHANGING LIVES



UK
Foundation



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