

# Chill Skills

*Move, Stretch, Feel, Breathe, Believe,  
Relax*

*Join us for an experience of  
Relaxation and Calm*



A weekly class where you are able to find and access that little bit of  
'Me time' we all need.

**Thursday Mornings 9:30am to 10:30am**

**Starting on the 1st of November 2018**

To book a place please contact Linda on

**0151 652 1281 or 07824329340**