



BREATHWORKS

Mindfulness for Pain Management

Training in how to manage pain in daily life and
live with greater confidence and initiative

New Block

Thursday 2nd March
2017

1.30-4.00pm

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The Annexe
9A Stewartville St G11 5PE

Contact Michele on 0141-212-3984
to book a place or for more info

Registered Charity: SC002491
Company Number: SC215070
www.annexecommunities.org.uk



PARTICK
HEALTHY LIVING CENTRE

