



CONNECTS2PROJECT
MEDITATION CLASS
WELCOMES ALL

“REDUCE BLOOD PRESSURE, BOLSTER IMMUNE
SYSTEM, IMPROVE MEMORY,
REGULATE EMOTIONS AND IMPROVE
SELF CONTROL,

DECREASE; STRESS, ANXIETY, DEPRESSION
AND PAIN
INCREASE; FOCUS, MEMORY, CREATIVITY AND
CLEAR THINKING”



BALANCE THE BODY TO ACHIEVE PHYSICAL,
MENTAL AND EMOTIONAL HEALTH

CLASSES START

FRIDAY 15TH JAN—18TH MAR

2016

11-12PM £1



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



PARTICK
HEALTHY LIVING CENTRE

