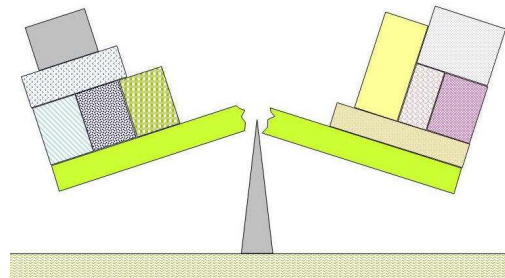


'They said it couldn't be done'

You are invited to: A short talk and networking opportunity
to find out more about resilience to stress

Wharf Road
Grantham
Monday
21st Nov 2011
6:30pm to 8:30pm



"I used to believe that work-life balance was all about doing more and more at work, then doing more and more outside of work to keep balanced. Yep, I was stupid!"

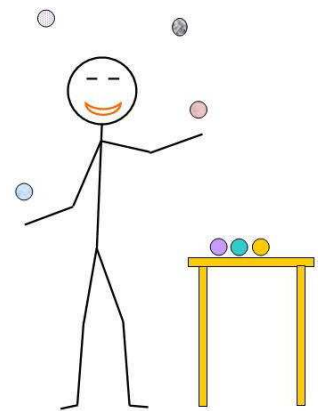
Roger Smith - now a member of the International Stress Management Association

Our health can deteriorate when we stop doing what we know is good for us. Recovery can start when we are reminded of the simple things that have always kept people well. This simple principle works for many of today's most common health problems, such as depression, ADHD, bipolar and other anxiety disorders.

A doctor once told Roger that he had an incurable illness and would need medication for life. It turned out the 'illness' was doing too much and not looking after himself. Meeting people who had recovered from this made a huge difference...

"Now the coast is clear and the case has been won and we lost our fear that it couldn't be done all we needed to find was a like-minded someone who had no idea that it couldn't be done"

Tim Finn, (from Crowded House / Imaginary Kingdom)



On 21st November we can discuss:

- Truths about pressure, stress, tension and relaxation
- Ways to avoid or tackle extreme anxiety
- Warning signs, monitoring anxiety and when action is needed
- How diet, exercise, relaxation, posture and much more all influence our health

This is free to attend. Roger believes it is better to avoid troubles than pay to have them sorted out. Please contact via... www.stoppaddling.com/anx for an email confirming location and that there will be handouts and refreshments for all.

Or leave a message on 01163 260444.