

Barnet Mencap



**You are invited to
a relaxation techniques training
session**

**Learn some relaxation techniques to help
you to deal with stress**

Date: Monday 11th June

Time: 10-12 noon

Venue: Avenue House,
17 East End Road,
London, N3

**Parking: pay & display or in streets
opposite Avenue House**

To book a place please contact
Anna or Jackie at Mencap
tel: 020 8349-3842
email: admin@barnetmencap.org.uk

Barnet Children's Fund

