



LIVING LIFE TO THE FULL



8 WEEK COURSE

INTRO SESSION ON THURSDAY

24 JANUARY 9.30 – 10.45 am

A series of life skills classes to help improve wellbeing and resilience.

This course has been developed by CBT therapists to help with low mood and anxiety.

LIVING LIFE TO THE FULL WITH GOD has been adapted for use in churches.

- **Short talks**
- **Group activities**
- **Discussion**
- ***Weekly Go for it!***

Led by Richard Baker
(Lay Pastor, Bramhall MC)
and Rev Katy Thomas

**Contact church office
for further details:
01625 528892**