



Breaking the Cycle of Stress



A workshop with special training to enhance stress reduction, offering a powerful blend of cognitive training and clinically-proven relaxation techniques to manage stress even in the most challenging circumstances.

DATE: *MONDAY 23rd MARCH 2009*

VENUE: *VICTORIA HOTEL, SLIEMA*

TIME: *9.00hrs till 17.00hrs*

FACILITATOR: *ANTOINETTE MARTIN - Clinical psychologist*

FEE: *€40 PER DELEGATE. GROUP OF SIX OR MORE €35 PER DELEGATE (group rate applies if registration forms are sent together)*

FOR FUTHER INFORMATION CONTACT:

**Mrs. J. MUSCAT on 9924 3850 or
Mrs. M. CUTAJAR on 7973 0575 or send an email on:
dblaze07@gmail.com**

NUMBER OF DELEGATES VERY LIMITED. EARLY RESERVATION RECOMMENDED