



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: THURSDAY 4th JUNE 2009

VENUE: : LE MERIDIEN HOTEL & SPA, ST. JULIANS

TIME: 9.00am 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 or visit: www.d-blaze.com

**NUMBER OF DELEGATES VERY LIMITED. EARLY RESERVATION
RECOMMENDED**

D-BLAZE

*We strive to make your learning experience a success..... your achievement is our goal
Another workshop organized by D-Blaze. — P.O Box 7, Qormi Malta*