

Stress Less

A practical workshop to navigate stress and explore your way to wellbeing during Mental Health Awareness Week.

PressGo's one hour 'Stress Less' workshop will help you identify your stress triggers and provide simple ways to reduce stress levels. Join us for this relaxed session over lunch to enhance your wellbeing.

MATAMATA

Monday 23 September
11.30am, Railside by the Green, 41a Hetana Street

HAMILTON

Tuesday 24 September
1pm, YWCA,
28 Pembroke Street

TICKETS: \$55 pp
including lunch

TE AWAMUTU

Thursday 26 September
12pm, Te Awamutu Events Centre, 3 Selwyn Lane

MORRINSVILLE

Friday 27 September
12pm, Morrinsville Community House, 43 Canada Street

To book email admin@pressgo.co.nz or phone 07 829 4822
For more information visit www.pressgo.co.nz 



Mental Health Awareness Week . 'Explore Your Way to Wellbeing' . 23-29 September 2019