

Piece by PEACE

Stress Control Project

*Health First,
Stress Less!*



A **FREE** 6-week Stress Management Programme

BALLYMENA
Adair Arms Ballymena

Wednesday Evenings
6:30pm – 8:00pm

14th November- 19th December 2018

Currently suffering from stress, know someone who is or want to be better equipped? Then this is the course for you!

If you would like to register your interest email:

stress.control@northerntrust.hscni.net

A project supported by the European Union's PEACE IV Programme, managed by the Special EU Programmes Body (SEUPB).

COMPASSION



C

OPENNESS



O

RESPECT



R

EXCELLENCE



E

To deliver excellent integrated services
in partnership with our community