

# CHILL OUT CLASSES

**3 Informal Information Sessions, where you will learn:-**

- ✚ How to recognise stress**
- ✚ How it affects your body, mind and actions**
- ✚ How to cope more positively**

**NO REQUIREMENT TO INTERACT OR PARTICIPATE**

**Tues Evenings 6.15pm – 7.45pm**  
**Dalgety Bay Surgery**

---

**If you are interested please complete the form below:**

**Please post in the box -**

- in reception (Dalgety Bay) or**
- waiting room (Inverkeithing)**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

\_\_\_\_\_

**Contact Phone Number** \_\_\_\_\_