

CAFÉ PSYCHOLOGIQUE

Conversations in the art of life...
talk, listen and share

Tuesday 25 April, 8 pm

BURNOUT:

THE EFFECTS OF CHRONIC STRESS
& HOW TO SLOW DOWN AND RECHARGE

Sally Rose, Psychotherapist &
Mindfulness Teacher

Hosted by Chris Powell, Group Analyst

SEVEN ARTS, CHAPEL ALLERTON, LS7 3PD
MONTHLY ON TUESDAY AT 8PM
£4 ON THE DOOR

MORE INFORMATION: CAFE@SPARK.UK.NET
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