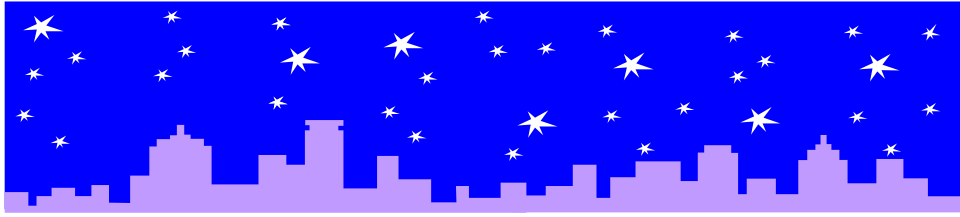


STRESS FREE CARING IN THE CITY© A TWO DAY HAVEN IN SOUTH EAST LONDON



**FOR SOCIAL WORKERS IN LONDON
FRIDAY 29TH JULY & SATURDAY 30TH JULY
10 am – 4pm**

***YOU ARE INVITED TO A SPECIAL 2 DAY RETREAT FOCUSING ON HOW
TO TAKE CARE OF YOURSELF AND TO SAMPLE EFFECTIVE THERAPIES AND
RELAXATION TECHNIQUES***

THE 2 DAY PROGRAMME INCLUDES WORKSHOPS AND COMPLIMENTARY THERAPIES

**Introduction to work place mediation/ Personal Awareness for men
Holistic approaches to stress/ How to use storage to reduce muddle and
clutter/ Colour therapy/ Spirit of success for social workers
Supervision for stress relief/ How to use visualisation to reduce stress
Achieving work life balance/ Reiki/ Indian Head massage/ Tapping/ Body
Massage/Homeopathy/ Reflexology/ Office Yoga/ Street Dancing**

***COME AND LET US TAKE CARE OF YOU, LISTEN TO OUR SPEAKERS, PARTICIPATE IN OUR
WORKSHOPS, TAKE SOME GOOD ADVICE, JOIN IN WITH THE FUN!***

PRICE INCLUDING REFRESHMENTS IS £85 FOR 2 DAYS OR £50 PER DAY

To register Complete the tear off slip and return with your cheque made payable to
“Elevate Training and Development” indicating which day(s) you would like to attend to:
Elevate Training and Development 19 Fairlie Gardens Forest Hill SE23 3TE
www.elevatetraining.co.uk

Please photocopy this form for your colleagues

Name:

Job title:

Home/Work Address:

Home/ Work Telephone number:

Home/work email:

Tick required date(s)

Friday 29th Price £50

Saturday 30th July Price £50

Friday 29th and 30th July £85