

# Piece by PEACE

## Stress Control Project

*Health First,  
Stress Less!*



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

| <b><u>Carrickfergus</u><br/>Carrickfergus Bowling Club</b>       | <b><u>Larne</u><br/>Larne Bowling &amp; Lawn Tennis Club</b>     |
|--|--|
| <b>Tuesday Mornings<br/>10:30am – 12 noon</b>                    | <b>Tuesday Evenings<br/>6:30pm – 8:00pm</b>                      |
| <b>8<sup>th</sup> January-<br/>12<sup>th</sup> February 2019</b> | <b>8<sup>th</sup> January-<br/>12<sup>th</sup> February 2019</b> |

**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](mailto: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**