

Inside, complete your personal details and return to:

Hull and East Yorkshire Mind
Bridlington Railway Station
Station Approach
Bridlington
YO15 3EP
Tel: 01262 400000

MindWorks
Trafalgar House
41 - 45 Beverley Road
Hull
HU3 1XH
Tel: 01482 240134

Also visit
www.mindworkstraining.co.uk to
sign up for any of our courses!

After we have received your booking form, the course trainer will contact you in order to arrange an informal chat. This is to ensure the course is suitable for your needs and to enrol you on the course!

www.mindworkstraining.co.uk

Hull and East Yorkshire Mind
Trafalgar House
41 - 45 Beverley Road
Hull
HU3 1XH

Phone: 01482 240134

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Registered Charity Number: 1101976

Company Number: 4936165

Charity Registered in England



➤ Touch & Taste

**FREE
TWO-DAY
COURSE
29th June
2009**



**Jamroz Centre,
Bridlington**



Hull & East Yorkshire
Mind

Touch and Taste - 2 day course

A practical course aimed at anyone wanting improve their emotional health and awaken their senses!

The first day will teach **'Massage Skills'** and will enable individuals to understand how different forms of massage can affect health and well being in a positive way.



Various practical techniques for relieving tension will be explored.

Learn about different aspects of massage including: Indian Head Massage, practical application of hand/arm massage, self massage techniques, relaxation and breathing techniques.

The second day will cover **'Nutrition and Weight Management'**.

Learn about the broad spectrum of food types that can contribute to maintaining a healthy lifestyle.

Advice will also be given on good eating habits and how they can assist you in your emotional and physical well being.



This session is for people who want to make a difference to their future in maintaining an optimum weight and a healthy way of life.

ELIGIBILITY FOR COURSE:

- **Over 19 years of age**
- **Resident in the Brid area**
- **Resident in the UK for over 3 years**

Booking Form

Name

Address

Phone

Course Details

The course will run from **9:15am - 4:30pm** and at The Jamroz Centre, North Street in Bridlington on the **29th + 30th June.**)

Course:

Touch & Taste

Dates:

Please return to address overleaf