



# Man Time

## *Stress relief workshops*

Are you feeling overwhelmed or looking for ways to take back control of your wellbeing?

## **FREE stress & exercise workshops**

Hightown Community Sports & Arts Centre  
Concorde St, Luton LU2 0JD

2pm – 3pm

4 <sup>th</sup> September	Introduction to Yoga
11 <sup>th</sup> September	Introduction to Meditation
18 <sup>th</sup> September	Introduction to Pilates
25 <sup>th</sup> September	Introduction to Body Weight Strength Training

**SPACES ARE LIMITED**

Please text or call 07890 904863 to find out more and/or reserve your space.



In partnership with

