



# stresscontrol

Face your fears; be more active; boost your wellbeing



**Stress affects us all in our daily living.**

**Want to learn ways to recognise the signs of stress and learn helpful tips to manage it more effectively?**

Then come along to **stresscontrol**

Town	Venue	Date Commencing	Time
Monaghan	Pastoral Centre	Thurs 24 <sup>th</sup> January	11:00 am – 12:30 pm
Monaghan	Pastoral Centre	Tues 22 <sup>nd</sup> January	7:15 pm – 8:45 pm
Castleblayney	Iontas Centre	Tues 22 <sup>nd</sup> January	10:00 am – 11:30 pm
Castleblayney	Iontas Centre	Thurs 24 <sup>th</sup> January	7:30 pm – 9:00 pm
Carrickmacross	Workhouse	Tues 5 <sup>th</sup> February	10:30 am – 12:00 pm
Clones	Peacelink	Mon 4 <sup>th</sup> February	6:00 pm – 7:30 pm

**All Welcome, Free of Charge; Tea, Coffee/Biscuits provided**  
Course runs once a week for six weeks; **Come, sit and listen** 😊



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



Connecting for Life  
Cavan and Monaghan