

Art Coaching for Living Well.

Every Friday

Brunswick Village Community Space,
50 Brunswick Street M13 9PE

10:00am – 12:00pm

All equipment supplied plus tea and coffee.

- Simple ways to shift your perspective to positivity and opportunity.
- Fancy a day without worry, overthinking or anxiety?
- Join us for friendly, stress-free sessions.

Manchester age UK

Brunswick Village Extra Care

15 Brunswick Street, M13 9SU
0300 555 0128
07418 367 396
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Presented by resident Rob Burgess.