

NEW



MoodMaster®

Enabling professionals to deliver world-class programmes on mental health and wellbeing, direct to their clients.

Is life losing its sparkle?

MoodMaster is an upbeat approach to physical and emotional well being.

Are you ... Depressed ... Anxious ... Irritable ... Angry? Do you have trouble sleeping, have difficulty concentrating, problems in controlling your emotions, or is life just losing its sparkle?

MoodMaster can help!

We are running 12 weekly sessions to help you deal with troublesome emotions and give positive, structured sessions to help make your life more enjoyable.

Fri 11th Jan - Fri 5th April 2019* (10:30-11:45 am).

*Week Break on Friday 22nd February 2019

Venue: Wallace House, 4 Oat St, Evesham, WR11 4PJ.

For more information, or to join, contact Louise Corbett

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**MoodMaster
Sessions are**

FREE

**Come for yourself or come
for someone else.**