

# The Buck Project

*Intelligent Kindness*

Course starts

01 July 2019

## Making the Most of Life

If you want to feel less stressed about life and take control then this course is for you:

**Dealing with negative thoughts**

**Finding ways to make life feel easier**

**Relaxation techniques and personal coping strategies**

**Sleep and health improvements**

**Coping with panic and anxiety**

**Powerful next steps**

4 Sessions

9.30 am

To

3 pm

**Free &  
Fully  
Funded**

Session Dates:

◆ Monday 01 July 2019

◆ Monday 08 July 2019

◆ Tuesday 02 July 2019

◆ Monday 15 July 2019

Funding only available if you are unemployed or on a low income

Book with Eventbrite.

For more details, visit our website at [www.buckproject.org](http://www.buckproject.org)

For more information call 01865 598180

### Venue

*Didcot Civic Hall*

*Britwell Road*

*Didcot*

*OX11 7JN*

