



Often feel close to tears or anxious or worried/ irritable/ intolerant towards those around you?

If any of the above apply or you have no motivation and feel your life is no longer enjoyable, this new positive thinking group may be the group for you.

Come along and talk, share and let us together take positive steps forward. Our first meeting is an exploratory one, you are most welcome.

It will be held at Le Regal'on bar at Allonne (between Secondigny/Champdeniers/St Pardoux in the afternoon on Tuesday 26th September 2017 from 2.30 – 4.30.

