

# Calming Breath & Visualisation

A GROUP ACTIVITY

- ☯ Pam Lob— will help you learn and practice 'calm breathing' techniques
- ☯ Jose Walker will lead a brief visualisation

**Tuesday, 20th March 2012**

11am to 12:15

**PRESTBURY METHODIST CHURCH**  
**Macclesfield Road, Prestbury**

**BOOK YOUR PLACE**

**Tel. No.: 07981 899526**

**Email: [macchelp@googlemail.com](mailto:macchelp@googlemail.com)**

**Web: [www.macclesfieldcancerhelp.com](http://www.macclesfieldcancerhelp.com)**

#### OUR AIM

- ◆ We aim to provide friendship, help, information and support, and a range of complementary therapies for our visitors.
- ◆ We aspire to be inclusive of those who may be living with cancer or who are in remission, whatever your beliefs.
- ◆ We also welcome family, friends and carers who are supporting you, as we recognise that they too may need support.