

# RELAXATION by MEDITATION

Last Tuesday of the month.—11am to 12:15pm

*Guided by members of our Therapist Team*

30th April—Pam

28th May—Ann

25th June—Ann

30th July—Pam

27th Aug—Ann

24th Sept—Ann

*at PRESTBURY METHODIST CHURCH, Macclesfield Road, Prestbury*



*Stop for a moment  
Close your eyes,  
and  
**Breathe***

Macclesfield  
**Cancer Help**  
Centre

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.

**BOOK YOUR PLACE**

**Tel. No.: 07981 899526**

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