

# *Do you sometimes feel anxious? Can you relate to the following?*

Don't give yourself  
enough credit  
Worry unnecessarily  
Think negative

Over thinking  
situations



Self critical

Struggle with failure

Let simple things  
get to you

## *Why not take some small steps to improving your life?*

By attending a FREE short talk (approx 1 hour)

**Held in the Dowson Room, The Grange,  
Vicarage Lane, Radcliffe on Trent NG12 2FB  
on Wednesday 9th March 2016 at 10.30 am prompt.**

*Take a positive step and come along to see if  
using simple techniques can help to break your  
circle of anxiety and improve your confidence.*

*Improve the quality of your life.*

*You owe it to yourself!*

To reserve a FREE place or if you require further information contact:  
MIKE LEE on 07950 062275 or email [mikelee2828@hotmail.co.uk](mailto:mikelee2828@hotmail.co.uk)