

Do you (or does someone you care about) suffer from **Stress, Anxiety or Depression?**

Come and find out about the



mark newey method

...because there is another way



**Wednesday 25th
September**

Refreshments from 7.00pm

Talk 7.30pm to 8.30pm

Wilbrahams' Memorial Hall

Angle End, Great Wilbraham

CB21 5JG

At the end of a successful but extremely stressful 20-year international corporate career, Mark had a breakdown. This led to a huge interest in the workings of the mind, a complete recovery and a major career change.

Mark has spent the last 20 years as a Therapeutic Coach, helping thousands of people beat Stress, Anxiety and Depression.

Mark is starting to deliver programmes in schools in the UK and will be launching an online programme soon. He is campaigning for systemic change in the way mental health issues are dealt with.

**This is a free event presented in association with
The Well-brahams Mental Health & Well-being Group.
No booking required – just turn up!**



www.thewell-brahams.weebly.com