

## STRESSED? ANXIOUS? TENSE?

However you describe it, it's an unpleasant feeling that affects both body and mind. Stress is now recognised as becoming one of the biggest problems we, as human beings are having to deal with in the 21st century.

It can prevent you from enjoying life to the full and from being focused on the things that are important to you.

Hypnotherapy can be very successful in both changing the way you feel and regaining control of how you react to situations and/or people.

Every session is tailored to your specific needs and goals.

Want to feel great?  
Calm and in control?  
Got any questions?



If you are ready to make the change,

call Sally on  
01773 764272 or

email [info@derbyshirehypnotherapy.co.uk](mailto:info@derbyshirehypnotherapy.co.uk)



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## Breathe Easy

Do you or does someone you know have breathing problems?

Breathe Easy is a support network which is supported by the British Lung Foundation and aims to provide information and advice to individuals with all types of breathing conditions such as Asthma, COPD, and Cystic Fibrosis.



Volunteers have started a group in the area with the support of the local Primary Care Trust. The group meets at 13.30 on the 3rd Wednesday of each month at Nottingham Road Methodist Church, Nottingham Road, Ilkeston, Derbyshire, DE7 5BB. They regularly have guest speakers who talk about subjects relating to respiratory disease. These have included talks by a consultant and a local GP covering subjects such as the benefits of exercise and diet as well as information on different respiratory conditions.

On Wednesday 15th August Dr Markus Henn, a local GP will be providing free advice on how to get the best out of your surgery. If you require any further information please contact Darren Bailey on 07789 817481 or Dave Fearn 01332 880877.

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