

Free for members of a Nottinghamshire Branch

# HOW NOT TO WORRY



It's fair to say that in these uncertain and unsettling times, we can all find ourselves worrying more than ever. If that sounds familiar, we would love to invite you to this short session with our good friend Ed Hollamby.



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**6PM - 8PM**  
**MONDAY 20**  
**SEPTEMBER**  
**VIA ZOOM**

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