

Free for members of a Nottinghamshire Branch

# HOW NOT TO WORRY

**UNISON**  
*East Midlands*

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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**Wednesday**

**16th November**

**6:00pm - 8:00pm**

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To Apply scan  
the QR code



Or email:

[unisonnottslearning@gmail.com](mailto:unisonnottslearning@gmail.com)