



Free for
members of any
Lincolnshire
based branch

How Not to Worry

Wednesday 20th March 2024

6pm - 8pm

Beech House, Waterside South, Lincoln

In this session your tutor will provide practical advice how we can learn to think, feel and act in a way that this helpful and healthy rather than unhelpful and unhealthy. Your tutor explores the differences between worthwhile and worthless worry, how to distinguish between the two and ultimately how to worry less and enjoy life more.



Apply

For help with your booking -
unisonlearninglincs@gmail.com

UNISON
East Midlands

