

Health Wise Circle

Working with Illness

Joanne Jimenez

*BA Th.H, GHR (reg), GQHP Gold Analytical
and Psychotherapeutic Counsellor*



Once a month on the following dates:

Monday November 11th

Monday December 9th

3pm - 4pm

Coping with Illness

*An hour of practical support, taking part may help towards
developing a good support system.*

*Techniques include, Positive Thinking, Visualization, Stress
Management, Breathing and Relaxation and finding the peace
within the Spiritualist Association of Great Britain*