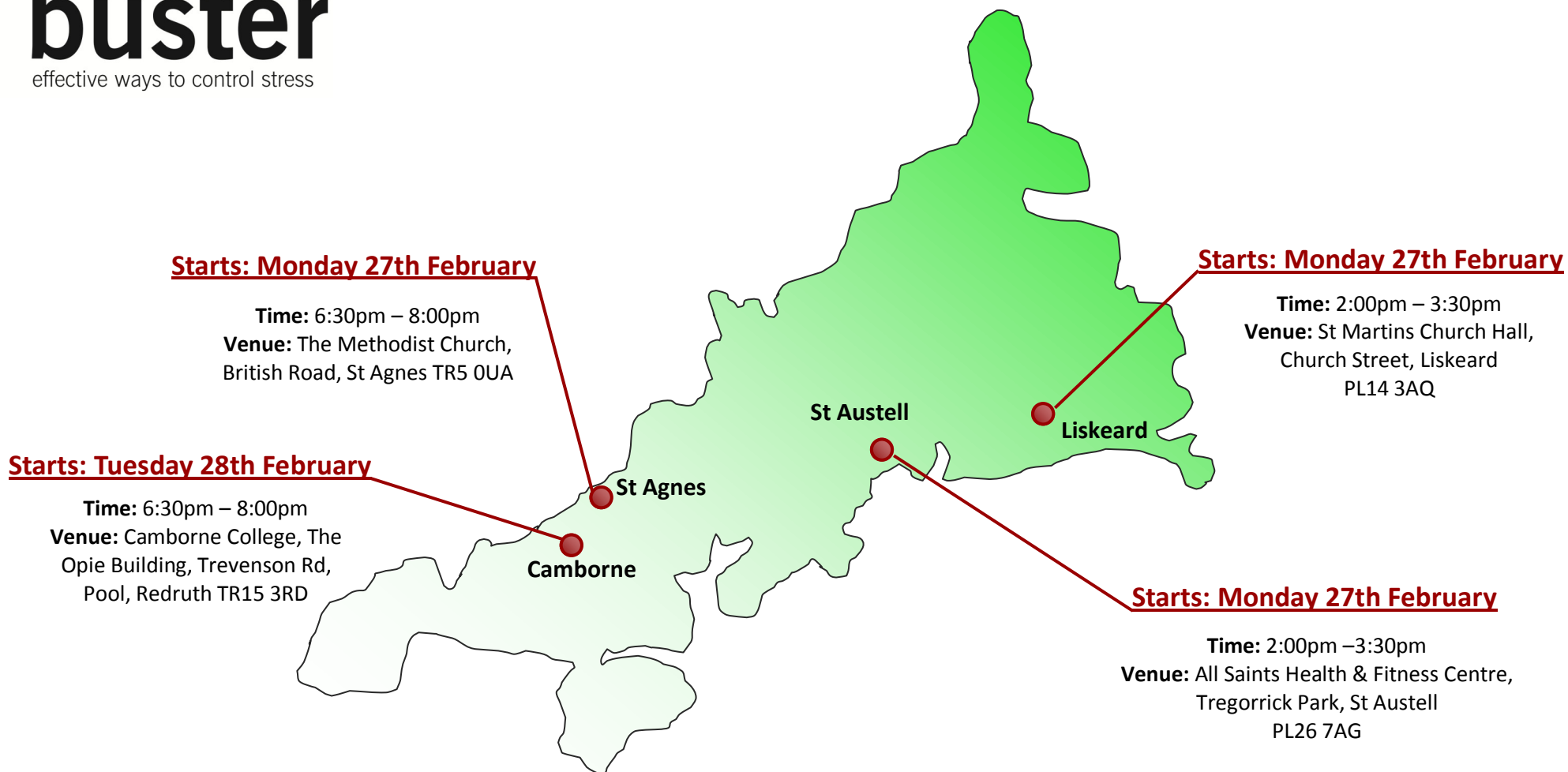


# stress buster

effective ways to control stress

**FEBRUARY 2012**



Stress Buster courses are booked at venues across Cornwall a month or two in advance. Please do check our website and this map every now and again because more courses will be added as soon as they are booked. There is no need to book onto a course, you can just turn up and register on the day with some basic information. If you would like to know more about Stress Buster - please call (01208) 871906.