



Are things getting a bit too much?

Are you feeling frustrated, tired or worn out?

Let us help you...

# 'Step on Stress'

is our new group only for men

Join us for a free NHS, 6-session group, for men aged 18+ who are experiencing mild to moderate symptoms of anxiety or depression.

This group aims to support men to learn how to manage stress and low mood whilst benefiting from being physically active. You will become aware of the link between regular physical activity and improved mental and physical health.

If you haven't exercised for a long time or ever, don't worry this course is for all abilities.

To find out more about the Step on Stress group, including how to sign up, scan the QR code or visit our website:



[communitylivingwell.co.uk/StepOnStress](https://communitylivingwell.co.uk/StepOnStress)



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