

NEW



MoodMaster®

Enabling professionals to deliver world class materials to those who want and need them.

Is life losing its sparkle?

MoodMaster is an upbeat approach to physical and emotional well being.

Are you ... Depressed ... Anxious ... Irritable ... Angry? Do you have trouble sleeping, have difficulty concentrating, problems in controlling your emotions, or is life just losing its sparkle?

MoodMaster can help!

Moodmaster is a 12 week course to help you deal with troublesome emotions and give positive, structured sessions to help make your life more enjoyable.

Venue: **Bewdley Medical Centre, Dog Lane, Bewdley, Worcestershire, DY12 2EF**

Sessions: **Tuesday 24th September - 17th December 2019**

1.00 - 3.00pm / 5.00 - 7.00pm

For further information call:

01562 751144 or email:

info@simply-limitless.org

MoodMaster Sessions are FREE

(Subject to conditions)

 **worcestershire**
county council

What is MoodMaster exactly?

MoodMaster provides weekly sessions lasting an hour or so, in which you can hear really good information about emotional and physical health. If you think of MoodMaster being to emotional health what Weight Watchers is to weight control, you won't be far wrong.

Isn't that a bit 'heavy'?

Not at all. Sessions are designed to be interesting and relevant, and they are meant to be fun too.

What exactly happens at a MoodMaster session?

Firstly you have a special form to rate how things have been during the week. Then, people who want to, say what they've learned during the week. Then the group leader reads out the information on the week's topic. Finally she gives you the information sheet for you to take away and act on over the next week.

You talk about 'physical and emotional wellbeing', but isn't it mainly about emotional things?

Yes, it is, although the two are very linked. For instance, exercise is very important in stopping depression.

So do I have to have 'emotional problems' to come?

Certainly not. You may do, but you certainly don't have to.

Where are the sessions held?

The 12 week course starts on Tuesday 24th September 2019.

Come to either the 1.00 - 3.00pm or 5.00 - 7.00pm session, held in the community learning room at Bewdley Medical Centre on Dog Lane.

How do I join?

To book, call: 01562 751144 or email: info@simply-limitless.org and speak to Charlie.

All you have to do then is turn up and we will keep an eye out for you. We hope to see you.