

# Mens Afternoon Social



**Every Wednesday Afternoon  
Starting March 31<sup>st</sup>  
2pm-4pm**

**At STEPs  
The Esplanade  
Waterloo  
L22 5RN**

1st Wednesday of every month – Chris Burgess will be on hand to discuss stress management techniques

3<sup>rd</sup> Wednesday of every month – Peter Cox a trained counsellor will be there for informal chats and discussion

4<sup>th</sup> Wednesday of every month – Irene Gould our trained aromatherapist will be available for some treatments.

Alternatively you can just come along, have a chat, read the paper or even have a little doze in the warmth of the conservatory at STEPs.

No need to book, just come along. If you would like more information then just ring Petra on 0151 288 6060