**Step on Stress**

**Nov – Dec 2018**

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| **Location** | **Venue** | **Date** | **Time** |
| Dunfermline | Carnegie Conference Centre, Halbeath Road, KY11 8DY | 21st, 28th November and 5th December (Wednesdays) | 5:30-7pm |
| St Andrews | 22nd, 29th November & 6th December (Thursdays) | Arts Seminar Room 9, Arts Building, St Andrews University, The Scores, St Andrews, KY16 9AX | 5:30-7pm |

You can book by emailing us on **fife-UHB.SteponStress@nhs.net**or by phone on **01383 565442** (please leave a message and we’ll get back to you). For more information, visit [**www.moodcafe.co.uk**](http://www.moodcafe.co.uk) and click on ‘Learn to deal with stress at a local class’.