



MONDAY

Narcotics Anonymous

⌚12.30pm-2pm Free

Sugar Group (Diabetic Support Group) ⌚1pm-3pm £3

Reflexology and Indian Head Massage

– female therapist (appointments only, call 0161 455 0211) ⌚1pm-4pm

£10 waged, £5 unwaged

Manchester Community Qigong

⌚4pm-5pm beginners

⌚5pm-6pm intermediate

£3 donation, contact Rae Story to join

raestorywork@yahoo.co.uk

CFC Counselling

⌚10am – 1pm. To book an appointment ring **0161 941 7754**

TUESDAY

Homeopathy (appointments only, call 0161 226 5413) ⌚12:30pm-7:30pm £10 per session. **Contact Sue Hladky on 0161 224 4125**

Flex-it@50

⌚12pm-1pm £3

CFC Counselling

⌚10am – 1pm. To book an appointment ring **0161 941 7754**

Women's Yoga

⌚5pm-6pm £4 Call: 0782 185 1912

Social Phobia

⌚7pm-9pm Free

Kundalini Yoga

⌚6.15pm-7.45pm

10 weeks, start anytime; £60 for 10 weeks, £6 initial drop in

Massage therapy (private clinic)

⌚11:00am – 2:30pm

Male therapist

£15 waged/£10 unwaged

To book an appointment ring Kath Locke reception on **0161 455 0211**

Walk Tall, strength and balance

⌚1.15 – 2.15

£3.00 per session

Supple strength

⌚3.00 – 4.00

£3.00 per session

Contact Fiona: 0744 392 7037

WEDNESDAY

Can Survive – WOW

(Women's group) Every fortnight, Free

⌚1:00pm – 3:30pm

Contact Marcella on 07496 089310

Deep tissue massage

(private clinic) Male therapist. To book an appointment call Osuman on **07565511152**

THURSDAY

Fitness & Friends (for 50+ and beginners) ⌚10am-10:45am £3.50

Kundalini Yoga

⌚11am-12.30pm &

6.15pm – 7.45pm

10 weeks, start anytime; £70 for 10 weeks, £6 initial drop-in

For people getting benefits and using Kath Locke: £40 for 10 weeks, £4.50 initial drop-in

Can Survive UK – MOT

(Men's group) Free, Every fortnight

⌚1:00pm-3:00pm

Call Marcella on 07496 089310

Lyengar Yoga

⌚6.30pm-7.45pm £5

Call Rita on 0779 184 2624

FRIDAY

Helping Hands – massage therapy

(private clinic) ⌚11:00am – 5:00pm

Call Sharon on **07494932029**

Kath Locke Centre
123 Moss Lane East
Manchester M15 5DD
Tel: [0161 455 0211](tel:01614550211)



What's happening

ThisWeek

at the Zion and Kath Locke



MONDAY

Massage Therapies – Female therapist: neck, back and shoulder; reflexology
 ☉ 10am-4pm
 £10 waged; £5 unwaged

To book an appointment ring reception on 0161 226 5412

RAMP (Reduction And Motivation Programme – referral only)

☉ 12pm-2pm Free

Homeopathy (appointments only) £10 per session. To book an appointment ring Zion reception on 0161 226 5412

Manchester Mind Advice Drop-In (Manchester residents only/ Arrive an hour before session starts)

☉ 1pm-4pm Free

Click with IT computer skills

☉ 10.30 – 12.30

Donate what you can afford

Contact Zion on 0161 226 5412

TUESDAY

Welfare Reform Drop In

☉ 10am-1:00pm Free- first come first served

PARS – Womens Exercise group (referral only)

☉ 12.30pm-1.30pm Free

Peer Support Group

☉ 5.30pm- 7.00pm Free

SHARE (self-harm group)

☉ 6pm-8pm Free

WEDNESDAY

Hypnotherapy

☉ 9.30am-1.30pm

Call Alison on 0779 059 4740

Citizens Advice Bureau

(appointments only) call: 0161 672 0515

☉ 9:30am-12.30pm Free

Anxiety Group Drop In

☉ 12:30pm – 2:30pm Free

Depression Group Drop In

☉ 3pm-5pm Free

THURSDAY

Manchester Mind Advice Drop In

(Manchester residents only/Arrive an hour before session starts)

☉ 10am-1pm Free

Energy Healing - male therapist

☉ 1pm-2:30pm Small donation

Narcotics Anonymous

☉ 1pm-1.30pm Meditation

☉ 1.45pm-2.45pm Meeting **Free**

Yogazi

☉ 5.30pm-7pm £6 a session

FRIDAY

Coffee Morning & Food Voucher Service)

☉ 10am-11:45am Free

Acupressure – Female therapist:

neck, back, shoulders ☉ 10am-11:45am

£10 waged, £5 unwaged

To book an appointment ring reception on 0161 226 5412

RAMP (Reduction And Motivation Programme – referral only)

☉ 12pm-2pm Free

Art Group

☉ 1.30pm-3.30pm Free

Manchester Community Qigong Group

(women only)

☉ 4pm-5pm 1st class

☉ 5pm-6pm 2nd class

£3 donation, contact Rae Story to join raestorywork@yahoo.co.uk

Massage – Male therapist. Neck, back, shoulders or full body. ☉ 1pm - 4:30pm. £10 waged, £5 unwaged

To book an appointment ring reception on 0161 226 5412

Walk a Weigh

☉ 9.30 – 11.30am

Donate what you can afford