

Mindfulness and Complementary Therapy Session

Join us for a special activity to celebrate
Carers Rights Day



Learn practical ways to be calmer and reduce stress. Enjoy some quality time for yourself.

Where : Cross Hill Methodist Church, Hunmanby

When: Friday 24th November 10—12.30

Treatments and refreshments provided free of charge

Spaces are limited please book



**For further information or to book
a place please contact:**

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