

CARERS MINDFULNESS GROUP

For beginners & those already practicing.

Have some quality time for yourself.

Where: Saint Catherine's, Board Room

When: First Thursday each month 1.30 till 2.30pm

5th Oct, 2nd Nov, 7th Dec 2017

& 4th Jan, 1st Feb, 1st Mar 2018

All carers welcome, no need to book.

Come to any or all of the sessions start time 1.30pm



For further information please contact

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Donations up to £5 gratefully received

