

*HOLISTIC GROUP*  
*TUESDAY 10AM - 12PM*



*Arts  
& Crafts*



- 17.5.22 *Walking*
- 24.5.22 *Quiz/Bingo*
- 31.5.22 *Arts & Crafts*
- 7.6.22 *Hand Massage*
- 14.6.22 *Introduction to Mindfulness (2<sup>nd</sup> session)*
- 21.6.22 *Meditation with Suzanne (To be confirmed)*
- 28.6.22 *Mindfulness Workshop (Sleeping)*
- 5.7.22 *Mindfulness Workshop (Healthy Eating)*
- 12.7.22 *Mindfulness Workshop (Relaxation)*
- 19.7.22 *Mindfulness Workshop (Moving/Exercise)*
- 26.7.22 *Menopause & Nutrition*

*Please call reception to book onto these sessions*

*Tel; 01228 212090*

*Thank you, Clare & Denise.*