

MINDFULNESS GROUP

Group for Women & Girls (16+ yrs) in
Darlington



Mind Full, or Mindful?

DAY: TUES 1ST MAY 2018

TIME: 1:30 - 3:00 PM

The Mindfulness sessions are free, and open to any woman or girl (16+) who would like to come along and practice mindfulness. Sometimes in our busy and hectic lives we forget about self-care, and how to appreciate the present moment.

Come along to our meet and greet session to find out more on Tuesday 1st May at 1:30pm, telephone or email us or see our website for further details.

**Mindfulness
Group for Women
& Girls (16+)**

**Free 7-week
course**

**A simple way to
relax**

**Central Darlington
Location**

Please contact:

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