



The Mindful Coach

EXPLORE • EMPOWER • GROW

Mindfulness for all

Come along to 'Fabulous Friday' and experience an interactive mindfulness session with me, The Mindful Coach.

Learn tips & tricks of how you can implement mindfulness into your daily routine to enhance your overall wellbeing.

This session is accessible and beneficial to everyone, so come along and join in with the activities.

FOCAL Community Centre, New Hey Road.
Friday 1st November 1pm until 2:30pm.

