

LET'S DO IT!

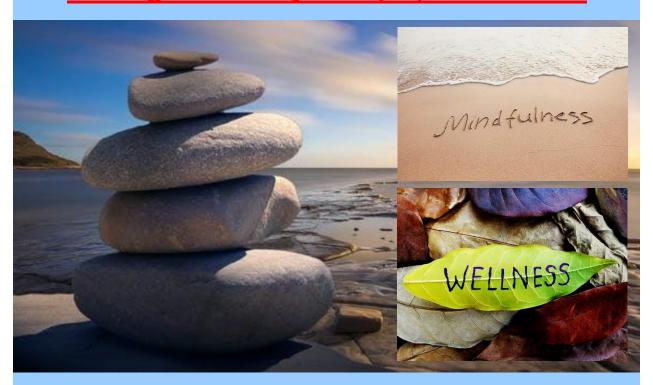
Would you like to:

- Practise some mindful activities?
- Pick up some strategies to support positive mental health and wellbeing?
- Look at ways to de-stress as a family?
- Learn how mindful eating can help your mood?
- Practise some basic meditations?

Come along to our free 5-week course HEALTHY MINDS — HEALTHY FAMILIES

for parents, grandparents and carers

Starting on Tuesday 23rd April, 9.30-11.30am



Call **0161 253 5772** to book your place

East Bury Family Hub

25 Dorset Drive, Bury, BL9 9DN









