

Be Active

Be Sociable

**Be Good
to Yourself**



Wellbeing Month

Interactive Gentle Meditation Workshops for Adults and Children with Sue Mills

A Family friendly event, with Sue Mills –
“these sessions will boost your energy levels, improve focus and enhance your clarity
of mind and purpose.”

Please Join Sue on Saturday 24th March 2018 at
11.30am (adults and children) and 12pm (adults)
at **Broadfield library**. The sessions will last
approximately 30 minutes each.

WSCC does not take responsibility for any advice or recommendations given at these
events.