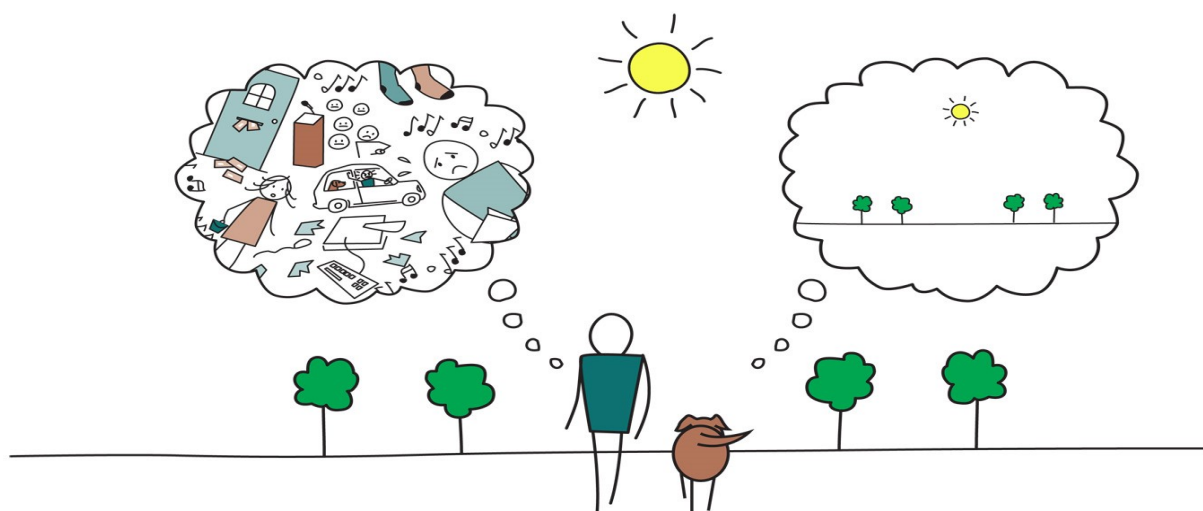




Supporting children,
young people and families

FREE Workshop
Mindfulness In the Park for
Parents/Carers
Alexandra Park
(meet by the bandstand)
Monday 10.00am-1.00pm)
19th July 2021



Mind Full, or Mindful?

**Have a relaxing walk in the park and learn about how
Mindfulness can support your wellbeing.**

For more information or to reserve a space contact
Michelle Hooper
FSN, St. Nicholas Centre
66 London Road
St Leonards on Sea TN37 6AS
Tel: 01424 423683 ext. 24
Email: mhooper@fsncharity.co.uk
www.fsncharity.co.uk



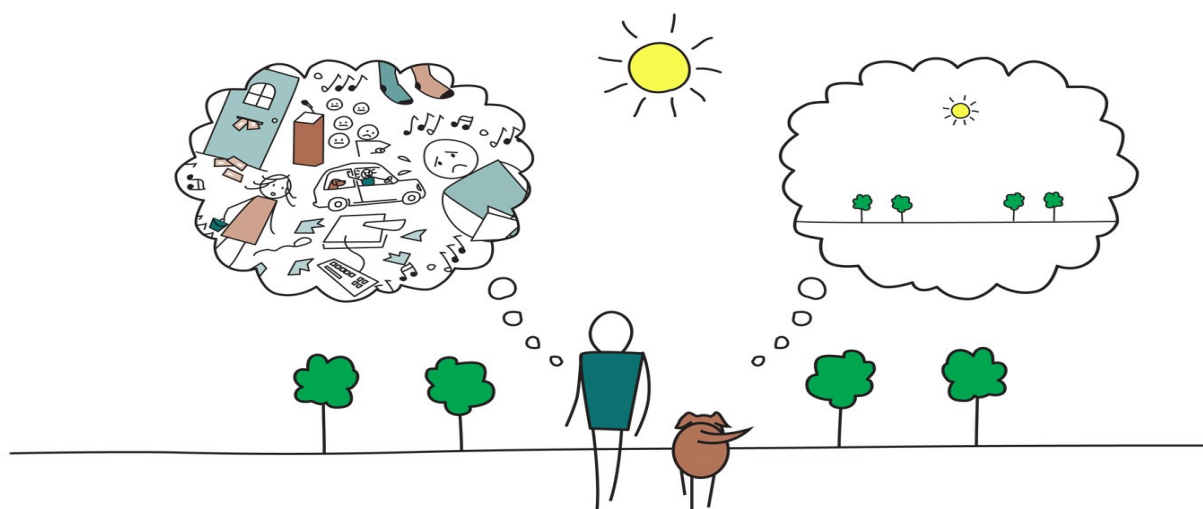
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