

AWARENESS AND MINDFULNESS THROUGH MOVEMENT



together we
Cumbria



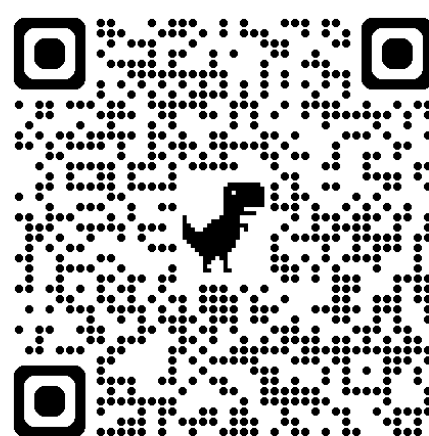
6 weekly sessions, providing wellbeing education on
mindfulness, stress management, and using movement as a
recovery tool.

BEGINNING FROM WK. 3RD JUNE 2024

Mondays from 4PM - 5PM

@The De Lucy Centre, Egremont, CA22 2AF

REGISTER YOUR PLACE HERE



or visit www.togetherwe.uk/fitness/