

Improving and Managing your Health and Wellbeing



Sessions will be provided by Wellbeing NI



4 Week Course

Tuesday 30th April 2019

Tuesday 7th May 2019

Tuesday 14th May 2019

Tuesday 21st May 2019

10am – 11.30am

at

**Cloughreagh
Community Centre**

Session 1 Mindfulness

Session 2 Meditation and Tapping Therapy / EFT
(Emotional Freedom Techniques), coping techniques to worry, stress, anxiety

Session 3 Mindful Eating – learn to have a healthy relationship with food

Session 4 Yin Yoga Meditation – suitable for everyone, it's a slow meditative yoga all floor based

Pre-Booking is essential to secure your 4week course, as places are limited.

Fee of £10 per person for all 4 sessions payable on week 1 (30th April)

To secure your place please contact

Tel: 028 3031 3238

Email – events@nmandd.org

Ag freastal ar an Dún agus Ard Mhacha Theas
Serving Down and South Armagh