

FREE Introduction to Mindfulness

Wednesday

24th

May

1pm-3pm

This Introduction workshop covers why and how Mindfulness works, it's benefits and practical exercises to start your journey.

www.dfmh.co.uk

To find out more or book a place click on the eventbrite icon

Eventbrite

or contact sarahlowe@dfmh.co.uk for further information



**The Greenaway Project at
The Greenaway Workshop,
Old School Close,
Matlock,
DE4 2PT**

**Company No 5758432
Charity No 1117141**

