



# Self-Care & Wellbeing Course

We are working in partnership with Poole Community Exchange to run a 6 session self-care & wellbeing course. Based on the pathways of wellbeing and nature connection

Sessions include:

- Guided meditation
- Mindfulness activities
- Nature connection



## When:

Starting Weds 3<sup>rd</sup> June

**Time: 10.00am-12.00pm**

**Where:** Parkstone United Reformed Church, Commercial Road, Poole BH14 0JW

BOOK YOUR PLACE NOW  
AS SPACES ARE LIMITED  
CONTACT LYDIA AT

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