



Self-Care & Wellbeing Course

We are working in partnership with Poole Community Exchange to run a 12 session self-care & wellbeing course.

Sessions include:

- Guided meditation
- Mindfulness activities
- Healthy eating
- 5 Pathways to wellbeing
- Nature connection



Dates:
 Every Weds until 8th July
 Excluding Weds 20th May

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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