

Would you like to:

- Practise some **mindful activities**?
- Pick up some strategies to support **positive mental health** and **wellbeing**?
- Look at ways to **de-stress** as a family?
- Learn how **mindful eating** can help your mood?
- Practise some **basic meditations**?

Come along to our **free** 5-week course
HEALTHY MINDS – HEALTHY FAMILIES
for parents, grandparents and carers

Starting on Tuesday 17th September, 9.15-11.15am



Call **0161 253 5772** to book your place

East Bury Family Hub

25 Dorset Drive, Bury, BL9 9DN