

**Wednesdays**  
8th and 15th  
December  
12th, 19th and  
26th January  
2nd February  
**2.00 - 3.00pm**

# Meditation Classes

No experience needed.  
Turn up and give it a go!



Join us for 6 sessions where we will focus on how to improve well-being by being more mindful.

- We live in a fast paced world where we go from one thing to the next often feeling stressed out, worried and anxious.
- Mindfulness can help us feel calmer, less stressed, more in control, and we find ways to be kinder to ourselves.

No. 93 Wellbeing Centre, 93 Church Lane, Harpurhey M9 5BG

To book a place email Sally at  
[sally@hmhc.co.uk](mailto:sally@hmhc.co.uk)  
or call 07305 325 369