

SELF-CARE WORKSHOP

Join us to learn more about the seven pillars of self-care and how to use them in your daily life.



**Monday 13th
November**



10am-12pm



**Bromley Scout Hut,
15 Prospect Place,
Bromley, BR2 9HL**



Learn how to have a well-balanced self-care routine and how each method of self-care fits into one of the seven pillars: mental, emotional, physical, environmental, spiritual, recreational, and social. Booking required.

For more information and to book, please contact Maria Carver-Carter.

PHONE

020 8466 0790

EMAIL

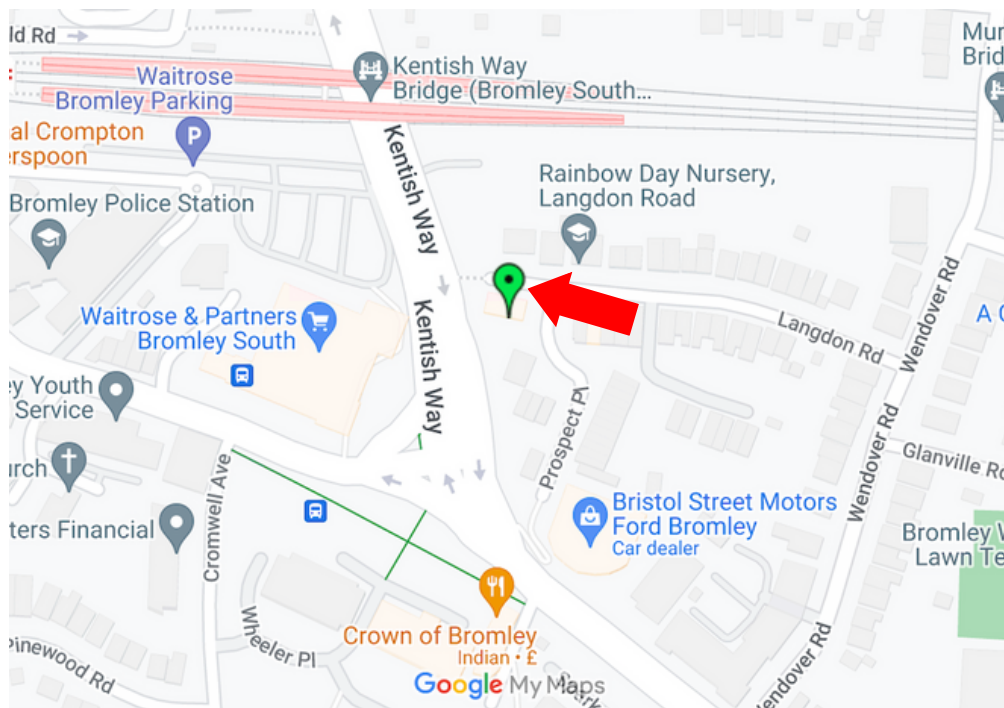
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MAP AND DIRECTIONS

Bromley Scout Hut/Shop, 15 Prospect Place, Bromley, BR2 9HL



The Bromley Scout Hut is a short walk (about 7 minutes) from the Bromley Mencap office.



Our goal is to empower individuals with learning difficulties to reach their full potential and lead independent and fulfilling lives. Through our workshops, we are committed to helping people do just that.