

MEDITATION MONDAYS

Join us to relax and unwind, followed by a drop-in advice session and refreshments



Monday 19 October



**11am to 1pm
Please arrive promptly**



**Bromley United Reformed Church,
20 Widmore Road, Bromley, BR1 1RY**

Come and enjoy a monthly session dedicated to helping you relax, recharge, and refocus. Why not stay for our drop-in session from 12 noon to 1pm. Light refreshments will be available but we will no longer be providing sandwiches.

Places are limited to 12 and will be allocated on a first come, first served basis. Booking is essential Please tell us about any dietary requirements or allergies when you book.

Please contact us to book your place.



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South East London

Map and directions

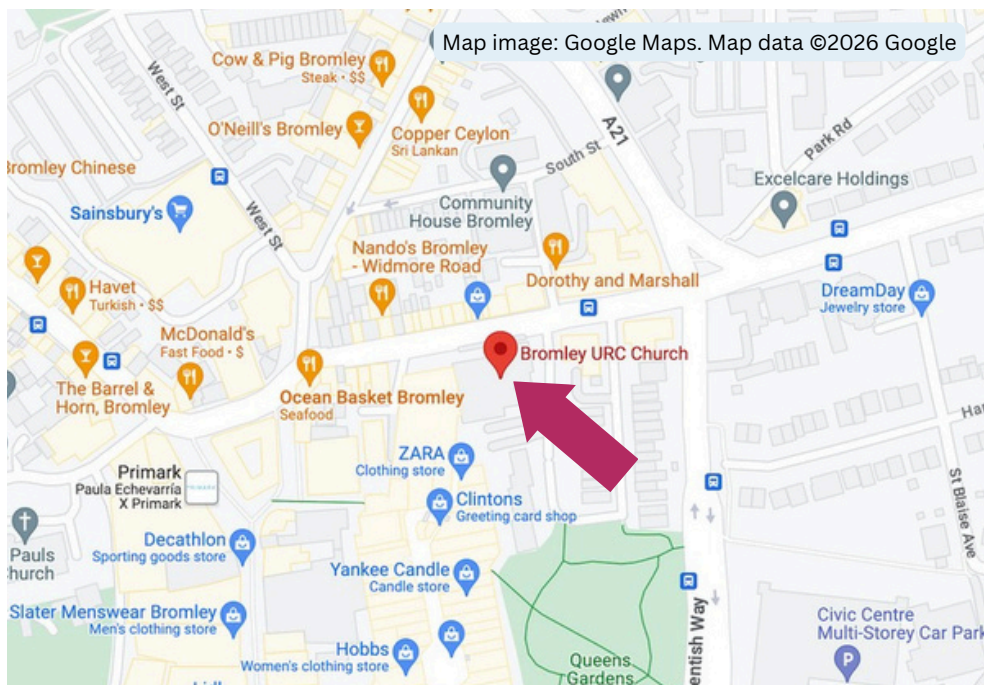
Bromley United Reformed Church, 20 Widmore Road, Bromley, BR1 1RY



The church is located next to Boots the Chemist in the centre of Bromley. The following buses all stop outside the front door or nearby:

Buses: 61, 119, 126, 138, 146, 162, 208, 227, 246, 261, 269, 320, 336, 352, 354, 358, 367, 638.

Trains: Bromley North and Bromley South stations are both a few minutes walk away.



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