

MEDITATION WORKSHOP & FEEDBACK SESSION

For Self-Care Week, share tips for well-being and discuss what YOU would like for future.



Monday 18 November



11am to 1pm



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

Join us as we kick off with a relaxing meditation session to start your self-care journey. Then, share YOUR top tips for well-being and tell us what YOU want to see in the future!

Come be part of the conversation and help shape what's next!

TELEPHONE

**020 8466 0790
07484 673090 or 07938 740361**

EMAIL

**sue.charles@bromleywell.org.uk
caroline.hackett@bromleywell.org.uk**

Map and directions

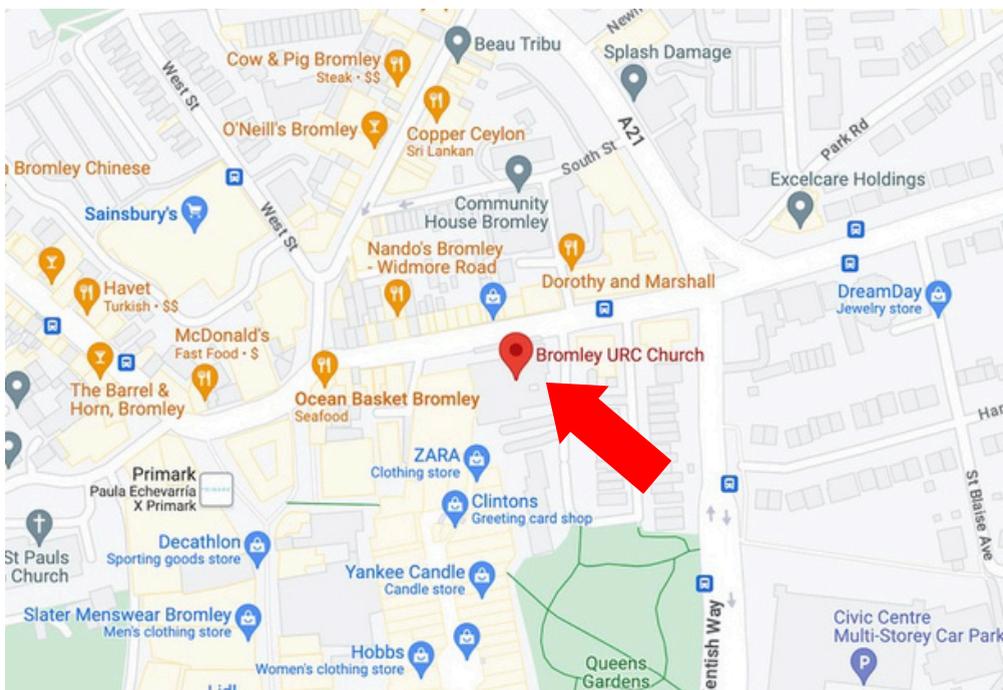
Bromley United Reformed Church, 20 Widmore Road, Bromley, BR1 1RY



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.