

MEDITATION WORKSHOP

To celebrate Self Care Week, come and join Caroline Hackett for a relaxing meditation session.



Monday 3 November



10am to 12 noon



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



Meditation can help you feel calm and relaxed. It may lower stress and worry, give you more energy, help you sleep better, and make you feel more positive.

Please contact us by telephone or email to book your place.

PHONE

020 8466 0790

EMAIL

Chetan.raval@bromleywell.org.uk

Service delivered by:

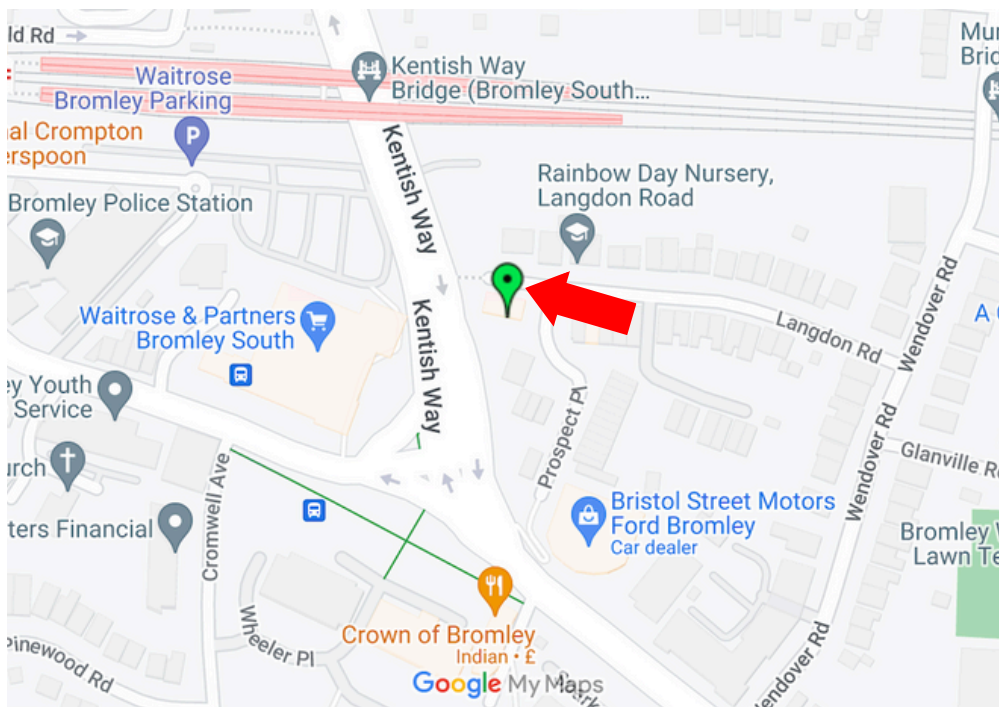
Funded by:

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.