

MINDFULNESS WORKSHOP

led by Michelle Tiedman, Mental Health Practitioner



Tuesday 14th March 2023



11am to 12:30pm



**Bromley Mencap
Community Hub,
Station Road,
Bromley North,
BR1 3LP**



Learn ways to de-stress and manage your life in a more mindful way, using some simple but effective techniques.

Join us for a relaxed morning and some refreshments, taking time in our busy lives to practise self-care.

Spaces are limited. Please contact Sony Brown to book your place.



Telephone: 020 8466 0790 or Mobile: 07845785837



Email: sony.brown@bromleymencap.org

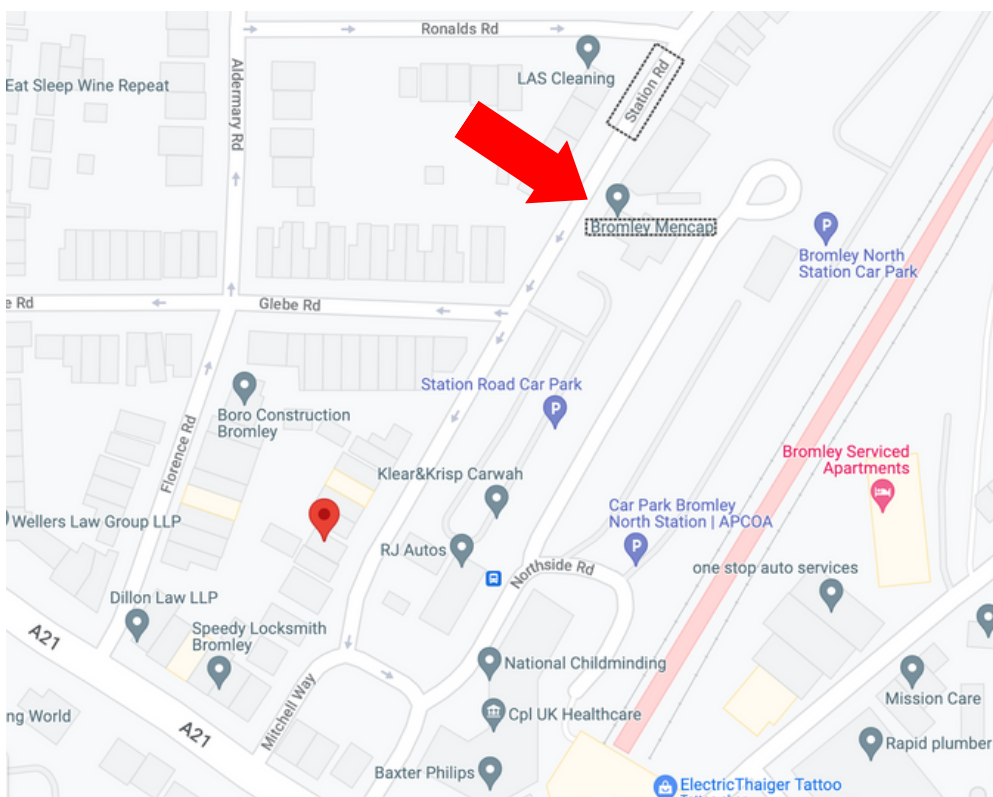
Map and directions

Bromley Mencap Community Hub, Station Road, Bromley North, BR1 3LP



If you walk down Station Road from Bromley North Station, it takes a couple of minutes to arrive at our venue.

The building is situated just after the car park on your right.



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.