

# MEDITATION MONDAYS

**Join us each month to explore simple and effective ways to de-stress. Because self-care isn't a luxury — it's a necessity.**



**Monday  
17 November**



**11am to 1pm**



**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. Lunch included!

**Please contact us to book your place.**



**Telephone: 020 8466 0790**



**Email: [caroline.hackett@bromleywell.org.uk](mailto:caroline.hackett@bromleywell.org.uk) or  
[sue.charles@bromleywell.org.uk](mailto:sue.charles@bromleywell.org.uk)**

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**South East London**

# Map and directions

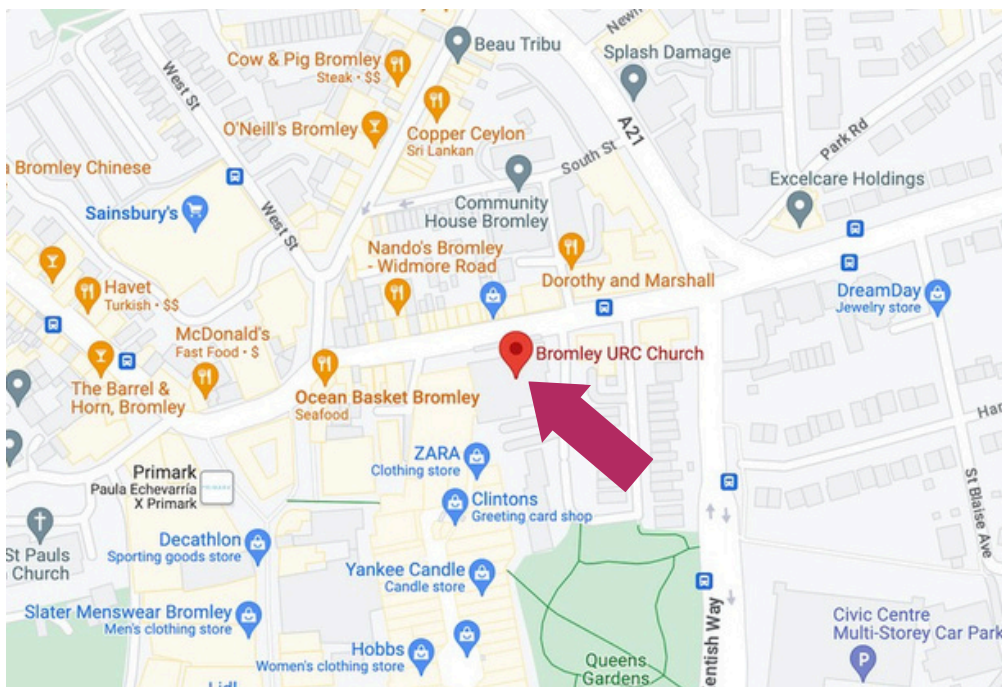
## Bromley United Reformed Church, 20 Widmore Road, Bromley, BR1 1RY



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.