



# The Wellbeing Project



Mind Full, or Mindful?

**Tuesday's 11am-1pm,**

**Starts 23rd Oct-18th Dec**

*Come along enjoy a cuppa and learn techniques for improving health and wellbeing in a friendly and inclusive environment.*



*Learners will also have the opportunity to look at different ideas of health and wellbeing.*

For more information contact:

**Kirsty McKenny**

Orbiston Business Centre Bellshill

**01698 274 678**

**[mckennyk@northlan.gov.uk](mailto:mckennyk@northlan.gov.uk)**