



# Mindful Movements

Join us for 6 sessions of gentle stretching and mindfulness practice to help you:

Promote Relaxation

Reduce Stress and Anxiety

Be present in the moment

Feel grounded

Learn Breathing Techniques

**WHEN:** Starting Friday 10th  
January at 1:00PM - 1:45PM

**Every Friday for 6 Weeks**

For more information contact Annabel or Jennie on 0151 291 8010

**FEELGOOD FACTORY, GLOVERS LANE,  
NETHERTON, L30 5QW**

