

Join us at The Wellness Centre this winter

Relax, Restore, Renew

Sessions available to help you find your calm this festive season

Christmas Mindfulness

*Create some space for relaxation and calm
in this busy season.*

Wednesday 3rd December 10am - 11:30am

Tuesday 9th December 1pm - 2:30pm

Yoga

Time to rest and renew in this gentle class.

Wednesday 3rd December 12:30pm - 1:30pm

Wednesday 10th December 12:30pm - 1:30pm

To register and reserve your space, please contact
wellness@blackburnehouse.co.uk

Sessions are fully funded, however donations are greatly
welcomed and will help us to continue our work supporting local
women to access counselling and wellbeing services.

