MINDFULNESS FAMILY WORKSHOP

LEARN PRACTICAL TIPS TO BRING MORE CALM TO FAMILY LIFE

SUNDAY 10 JUNE 2018, 4PM-5.30PM

ST PAUL'S, GLENAGEARY

COST: €25 (ADULT), €15 (CHILD)

For parents and children (7-11 yrs)

CONTACT: KATIE LOSTY 087 619 6340
OR CAROL WALSH 086 830 8329
OR MARY LOVEGROVE 086 823 9502.
WWW.MINDFULNESSHUB.IE