

WELLBEING HOUR



*Join us for an hour of
wellness*

2-3pm on Wednesdays

5 Dec colouring & origami

12 Dec mindfulness

19 Dec make warming lavender packs

Mary Frances Trust is a local emotional wellbeing charity, to find out more visit maryfrancestrust.co.uk, email info@maryfrancestrust.org.uk or call 01372 375400.

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