

**Our next
Penkford Family Focus Group
is being held at:
Taylor Park
on**

**Wednesday 24th May
1.00 pm until 2.30 pm**

Relax with a Mindfulness session

Research shows that regularly practising mindfulness can improve well-being, lower stress and lead to improved psychological functioning.

Session lead by St Helens Healthy Living Team in a calm and relaxing environment.



**Refreshments will be provided.
Transport can be arranged if needed.**

**To book a place contact
Mrs Hall on 01744 678745**