



Mindfulness through Nature Course

Make 2021 the year you prioritise your well-being and practice self-care.

Join George Enaid as she guides you into an appreciation, stillness and relaxation.

Sundays 24th January until 14th March
10:30-11:00am

With practical tips and lifestyle changes to incorporate into your everyday life.

Cost: Free (donations welcome)

Comunity Action Dacorum is a local charity providing a circle of support for our community

Hosted on a closed private Facebook Group
All participants must have a Facebook account and an email address.

Please click here to enrol or contact
learning@communityactiondacorum.org.uk
01442 253 935



www.creative-learning.org.uk

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