



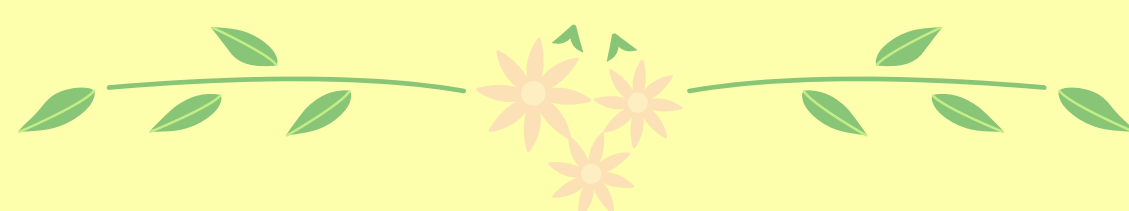
Me Time - Mindfulness Course

Starting Monday 3rd October 2022

Are you feeling the pressure of life getting to you - do you need to press your re-set button and take the steps to achieve a positive mindset?

Join us, with George Enaid, on this evening course as she helps guide you into appreciation, stillness and relaxation.

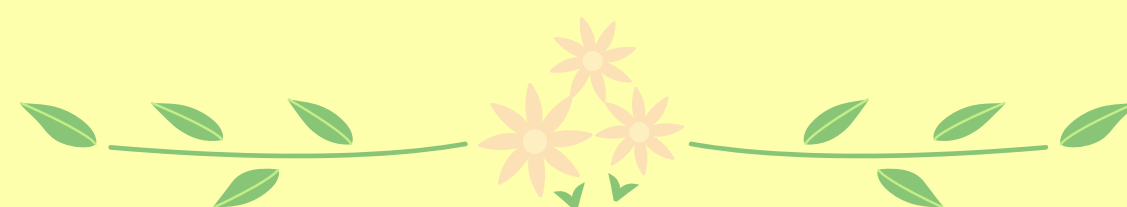
George will guide you into self-care, self-love, and take you on the journey to achieving that positive mindset.



Starting Monday 3rd October for
8 weeks

8pm to 9:30pm

Only £15 for the full course for
Hertfordshire residents.*



Hosted on a private Facebook
group.



All participants must have a
Facebook account and an
email address.

To register, please contact
learning@communityactiondacorum.org.uk or call
01442 253 935
[Or click here to register online](#)

***Subsidised for HERTFORDSHIRE RESIDENTS only - Proof of residency will be required to receive funding for the course. If you are experiencing financial hardship we can arrange for your place on the course to be fully funded - please get in touch.**