

Would you like to:

- Practise some **mindful activities**?
- Pick up some strategies to support **positive mental health** and **wellbeing**?
- Look at ways to **de-stress** as a family?
- Learn how **mindful eating** can help your mood?
- Practise some **basic meditations**?

Come along to our **free** 5-week course  
**HEALTHY MINDS – HEALTHY FAMILIES**  
for parents, grandparents and carers

**Starting on Tuesday 23<sup>rd</sup> September, 9.15-11.15am**



Call **0161 253 5772** to book your place

**East Bury Family Hub**

**25 Dorset Drive, Bury, BL9 9DN**