

UK
Foundation



Time to Mind Mindfulness Course

Are you aged 30-50 years?

Come and join us at Home-Start Knowsley for six sessions of Mindfulness and Wellbeing where you will learn how to recognise and cope with the stress factors in our lives.



Starting soon

at 55 Rupert Road, Huyton, L36 9TB

Time - 9:30 am - 12 Noon

(Light lunch provided. No provision for children)



For further information, book your place or a taster session please contact the office on 0151 480 3910 or email info@homestartknowsley.org.uk



www.homestartknowsley.org.uk

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