

MINDFUL MUMS

MONDAYS FROM JANUARY 2019

Come and take some time for yourself with or without your baby/toddler/child/teen.. A chance to fill your cup back up in order to be the parent you want to be. Pampering, Mindfulness, Essential Oils, Creative Activities, A chance to Offload and Recharge.

A group facilitated by Wellbeing Professionals and Child Carers

10.30am-12 Midday. Refreshments Provided plus toys for any small ones. £2 donation



Wellbeing and Self Care
The Rainbow Room @ The Ace Centre,
Chipping Norton OX7 5DZ

