ALL WELCOME

Wellbeing

with Hear Us: Croydon's Mental Health Service User Group

MIND

BODY

SOUL

Healthy Lifestyles

Why should you come along?

Taster Sessions in
Tai Chi
Meditation
Relaxation
Yoga & Zumba

Treat yourself?

Shoulder Massage
Reflexology
Indian head massage
Manicure & Acupuncture

What else ?

Discussion on Spirituality
Mindfulness
Cook and Taste
Arts & Crafts
Jewellary Making

1pm on Tuesday 3rd July at

CVA 82 London Road,
West Croydon CR0 2TB

For anyone affected by mental illness: service users, carers and staff

info@hear-us.org

020 8681 6888