

MINDFULNESS WALK

Join us for a relaxing walk around Norman Park to help reduce stress



Monday 3rd June



10am-12pm



Meet opposite the Lodge,
Norman Park, Hook Farm Road,
Bromley, BR2 9SX



Enjoy a leisurely stroll, meet other people and practice mindfulness including grounding techniques. Booking required.

Please contact us by telephone or email to book your place.

PHONE

020 8466 0790

EMAIL

emma.andrew@bromleywell.org.uk

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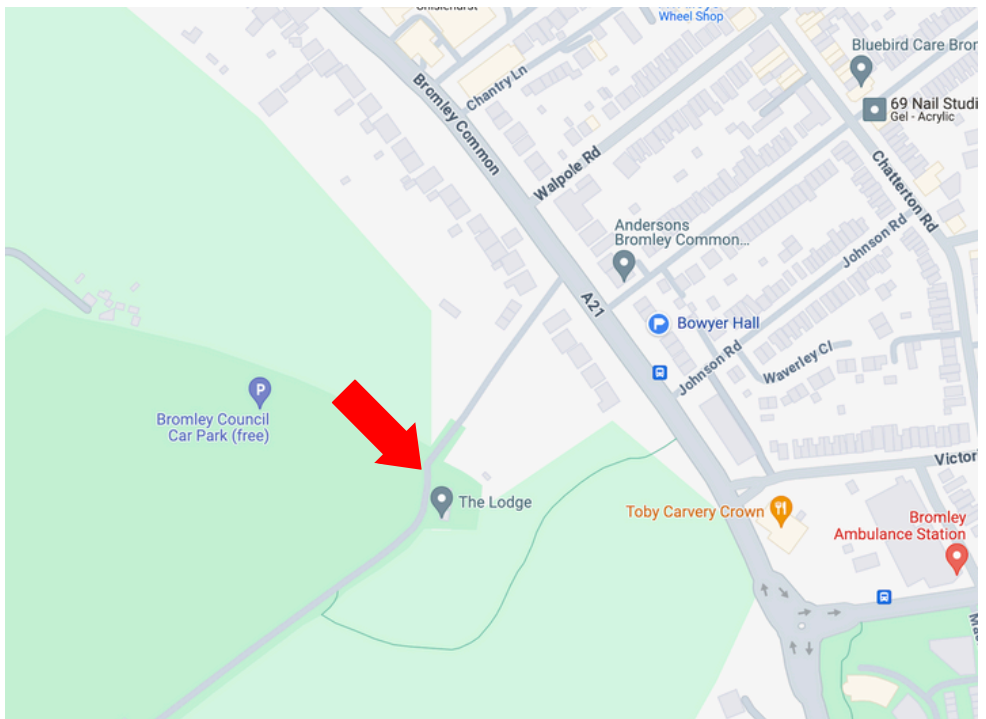
South East London

MAP AND DIRECTIONS

**Meet on the grass area opposite the Lodge,
Norman Park, Hook Farm Road,
Bromley, BR2 9SX**



Norman Park is a short walk
(about 10 minutes) from the Bromley
Mencap office.



Our goal is to empower individuals with learning difficulties to reach their full potential and lead independent and fulfilling lives. Through our workshops, we are committed to helping people do just that.