

SELF CARE WORKSHOP

Join us to learn how to take care of your body
and mind to celebrate Self Care Week.



Monday 18 November



10am-12pm



**Bromley Scout Hut,
15 Prospect Place,
Bromley, BR2 9HL**



This workshop will give you simple ways to look after yourself every day. We will share simple ideas to help you feel better. You'll learn easy exercises to stay active, breathing exercises to help you relax, and other tips to feel happy and healthy. Booking required.

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

PHONE

020 8466 0790

EMAIL

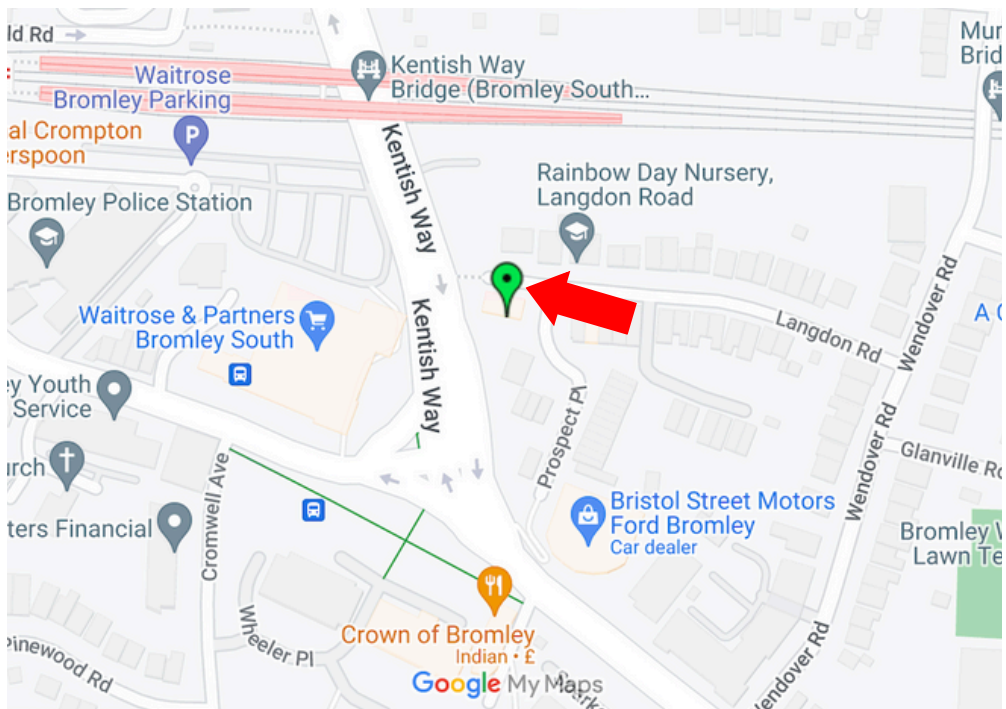
Chetan.raval@bromleywell.org.uk

MAP AND DIRECTIONS

Bromley Scout Hut/Shop, 15 Prospect Place, Bromley, BR2 9HL



The Bromley Scout Hut is a short walk (about 7 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.