

Supporting Your Wellbeing in Stour Valley

Come along to our **free**,
weekly coffee morning

starting on Friday, 6 May 2022

Unwind With Mindfulness & Wellbeing Sessions

provided by Mind South Warwickshire

**Townsend Hall,
Sheep Street, Shipston on Stour
CV36 4AE**

11am - 12.30pm



01789 777986



warmhubs@wrccrural.org.uk

Provided by the Stour Health &
Wellbeing Partnership



South Warwickshire & Worcestershire



vasa
CHANGING LIVES BY CONNECTING PEOPLE



in association with



Cadent
Your Gas Network