



# The Feel Good Project!

A 3 month programme run fortnightly designed to improve mental health and well being using mindfulness techniques for adults in Grantham.

Sessions will include meditation, mindful walking, arts and crafts, mindful movement and Emotional Freedom Technique. You will receive 1 to 1 mentoring and peer support

\*  
**Starting Wednesday 7th July 2.30pm**

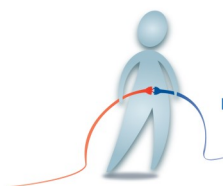
Delivered mainly on ZOOM with some outdoor sessions\*

It's advisable for you to attend all sessions to fully benefit from the programme

*For more information email  
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Lincolnshire's Mental Health Promotion Fund

  
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# Grantham

Next course dates start January 2022

\*weather/covid restrictions dependent