



The Feel Good Project!

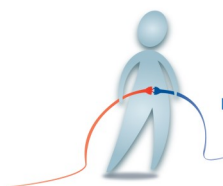
A 3 month programme run fortnightly designed to improve mental health and well being using mindfulness techniques for adults in Sleaford.

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 14 April 2.30pm

Delivered by ZOOM to start with then a mix of ZOOM and outdoor sessions*
It's advisable for you to attend all sessions to fully benefit from the programme

*For more information email
stuart.couling@developmentplus.org.uk
Call 07944431776*



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Lincolnshire's Mental Health Promotion Fund


Lincolnshire Partnership
NHS Foundation Trust

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stuart couling

Sleaford

Next course dates start October 2021

*when covid guidelines permit