

**Free**

# Wellbeing Sessions



**Learn practical techniques to help you manage your mental health and wellbeing**

**Where:**

**Corstorphine Dynamo F.C, Glasgow Road, EH12 8LJ**

**When:**

**April 13 : 7.15pm - 8.45pm**

**April 26: 12.30pm - 2pm**

**April 27: 7.15pm - 8.45pm**

Session 1 - Relaxing Breathing Techniques

Session 2 - Take Back Control with Mindfulness Practices

Session 3 - Creating Healthy Personal Boundaries

Join us for 1, 2 or all 3 sessions!

For more information and to register please email:

[edinburgh@health-in-mind.org.uk](mailto:edinburgh@health-in-mind.org.uk)

or call us on: 0131 225 8508

(ask for Anna / Aynsley)

## Thrive Connect Partnership

Working together to provide you with the right support at the right time.



[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)

