Time for a re-set? Time for a #RETHINK!



**Interactive resilience building opportunity for over 25’s**

**Fermanagh House Enniskillen. Co. Fermanagh.**

**Beginning September 7th 2022**

**@ 10-11 am**

**for 10weeks.**

* **Mindfulness**
* **Goal setting**
* **Letting go of limiting beliefs**
* **And much more**

**Last 4 weeks, yoga, Pilates, or other therapies. T T**

**Tea, coffee, and light refreshments will be served.**

**No cost for this wonderful programme.**

**Contact Anne on 07760886920 or**

**Arc Healthy Living Centre** **02868628741**

  