

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



Interactive Resilience Building Opportunity for over 25's

ARC Healthy Living Centre, 116-122 Sallyswood, Irvinestown

Beginning Wednesday, 19th October 2022

From 1:00 - 2:00 pm

for 10 weeks

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

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

Tea, coffee, and light refreshments will be served

No cost for this wonderful programme

Contact Anne on [07952822157](tel:07952822157) or

Arc Healthy Living Centre [02868628741](tel:02868628741)



