

***MINDFULNESS AND NATURE CONNECTION FOR OVER 50S, THEIR FRIENDS, FAMILY AND CARERS***

The Mindfulness garden is running a small, friendly and supportive, online group to share mindfulness and nature connection practises which you can use each day to support your mental and physical well-being.

Throughout lockdown we have used this online space to share the ups and downs of life and learn together through nature connection and mindfulness practises offered.

The group is **FREE** and aimed particularly at people in **Bradford** who are **over 50** thanks to funding from the Council's Health & Wellbeing Commissioning fund. You are welcome to bring friends, family or carers if you would like.

No experience is necessary.

To BOOK a place please reply to this email or contact [charlie@hcf.org.uk](mailto:charlie@hcf.org.uk) or on **07403 394142**

We look warmly welcoming you to our group this **Thursday 9th** or **Thursday 16th**.