



HEADROOM

....Get Some Space In Your Life!

ON BENEFITS OR LOW INCOME?

Stressed?

Anxious

Low?

**MINDFULNESS-BASED
STRESS REDUCTION!**



Free

Course!

Creche!

Travel !

STARTS TUES 25th APRIL

book at



headroommindfulness

headroom.nilupul.org

or call 01382 872020