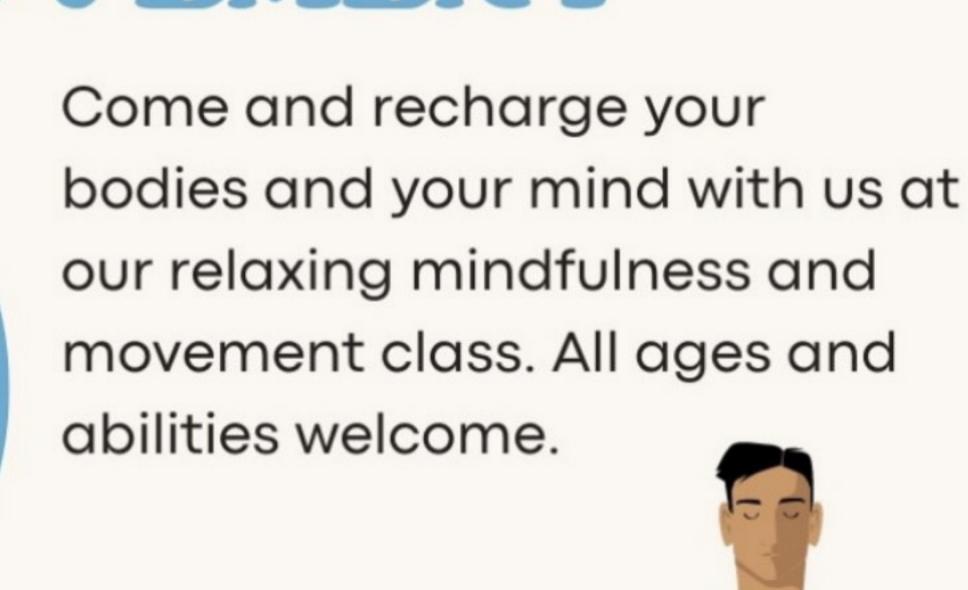




MINDFULNESS MOVEMENT







Wednesdays (1) 10.30am - 11.15am



CHANGING LIVES Community Hub COLCHESTER



www.changinglivescommunityservices.co.uk