



MINDFUL ME

with Emma

Mindfulness for mums



Are you a mum who feels exhausted, anxious, or overwhelmed? **You're not alone.**

Join me for a **FREE** 'Mindfulness for Mums' taster session at **Blossoms of Wells** on:

- **Tuesday 19th May at 10:30am - 11:30am** OR
- **Thursday 11th June 7:30pm - 8:30pm.**

Learn simple, soothing techniques to bring more calm into your day.

Book your free place with Emma:
mindfulmewithemma@hotmail.com

