

MINDFULNESS & SELF COMPASSION

This is a workshop with a focus on self care and minding your mental health. Lizzie Harrison, Wellness Coach, will bring her professionalism and expertise to outline techniques on how to help our mental health... and how to stay mentally well.

***Facilitator:** Lizzie Harrison*

***Date:** Wednesday 23rd November*

***Time:** 7.30 pm - 9.30 pm*

***Venue:** Croi Nua Spirituality Centre,
Rosary Lane,
Taylor's Hill, Galway. (H91 WY2A)*

***Phone:** 087 6683770*

***Email:** croinuacentre@gmail.com*

***Website:** www.croinua.com*

***Fee:** €20*

In person and on Zoom. If you would like to join us on Zoom you can get the link by emailing croinuacentre@gmail.com.