



Thursday mornings

9.30am – 10.30am

**Online Mindfulness Meditation -
FREE to everyone via ZOOM link**

This weekly meditation is for everybody, whether you are new to mindfulness practice or already have a meditation practice.

This is a great space to touch into a little calm, a little stillness and an opportunity to nurture your health and wellbeing.

The meditation is a 45 minute guided practice led by experienced mindfulness teacher Denise Coleman.

You can join in Thursday mornings at 9.30am

**If you would like us to text you the link on WhatsApp
please contact Sandra on 0861744863 or Tracey on 0861382482**



Rialtas na hÉireann
Government of Ireland



The Community Mental Health Fund, supported by the Department of Health



An Roinn Leanaí, Comhionannais,
Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality,
Disability, Integration and Youth