



# SIMPLE YOGA & RELAXATION

**FRIDAY 3<sup>RD</sup> JUNE 2016 6-8PM**  
**AT LOUGHBOROUGH WELLBEING CAFÉ**

Come and learn some simple yoga moves and techniques to relax your mind and unwind. Free and suitable for everybody!

We offer a safe and welcoming drop in café evening to adults aged 18 and over who are recovering from or living with mental ill health.

Come along and make new friends or just come along and enjoy our activities and light refreshments.

**We are a Community Interest Company. Want to know more or get involved? Contact Helen at:**

[Loughboroughwellbeing@gmail.com](mailto:Loughboroughwellbeing@gmail.com) or 07821 602468



Follow us on: **LboroWellbeing**



Follow us on: **Loughborough Wellbeing Café Project**

**LOUGHBOROUGH  
WELLBEING CAFÉ**

**is held 6-8PM  
every first Friday  
of the month at:**

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**Packe Street  
Entrance rear of  
Loughborough  
Library**

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**Further dates for  
your diary:**

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**Friday 1<sup>st</sup> July  
2016**

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**Friday 5<sup>th</sup> August  
2016**

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**Friday 2<sup>nd</sup> Sept  
2016**

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