

Mindfulness Meditation and Mindful Movement

For anyone who
wishes to improve their
mental wellbeing

Contact Jill Pringle to
reserve your place or find
out more

03451 555555 Ext: 450832

Jill.Pringle@fife.gov.uk

07740456727

Cupar

**CLD Learning Centre,
Cupar**

2nd July, 9th July, 23rd
July, 30th July,
6th August

Anstruther

Waid Academy, CLD Room
3rd July, 10th July, 24th
July, 31st July