



Try some of our well-being sessions on World Mental Health Day

Drop-in taster sessions on Wednesday, October 10.

To celebrate World Mental Health Day, Mind in Bradford will be holding three well-being taster sessions at Kenburgh House on Wednesday, October 10. Sessions are free and no need to book.

Drop-in sessions:

- 1pm Meditation: for relaxation, peace and looking at the positive
- 2pm Wellness & Recovery: take the first steps towards recovery
- 3pm Yoga: relax and forget your worries with gentle exercise

www.mindinbradford.org.uk

Registered charity no. 1142357

 **mind in Bradford**
for better mental health