

All Welcome!



Christian Mindfulness

* Led by **Anna Miles and Brian Senior**

6 Weekly sessions on Tuesday evenings
From September 19th* 7.30-9.00pm

Highworth Methodist Church

(Vicarage Lane)

Just turn up for the taster session on Sept 19th
Or contact Gwen Metcalfe on 01793 763141

*excluding Oct 17th and 24th
£1 suggested donation



Highworth Methodist Church