



Do you live with a long-term condition? Would you like to improve your wellbeing?
Living Well Occupational Therapy invite you to join us on our free 6 week course offering opportunities to try out creative activities, such as tabletop gardening, music, creative writing and yoga.



Course begins on 5th April 2022 at Parsons Meade Community Hub, West Hunsbury



Booking is essential, numbers are limited!



For further information or to book your place on the course contact Dawn at Living Well OT
on



07512 187404 or dawn@livingwellot.co.uk

