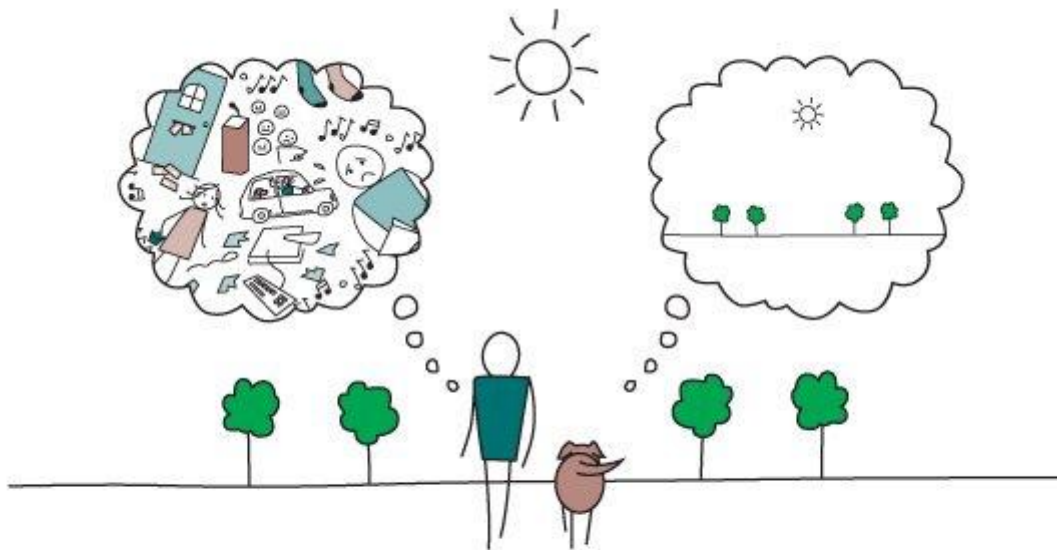


# Mindfulness Meditation



Mind Full, or Mindful?

**Mondays 11am-11.45am**

**Quiet Room**

**North Berwick Community Centre**

**8 Law Road**

**North Berwick**

**Join a small group to practice mindfulness meditation together.**

**Tel: 01620 893056 to book a place.**