



**Barnsley
Carers
Service**

MIND-BODY RELAXATION GROUP

Keeping ourselves well is so important, particularly in a caring role. An informative group covering:

- Stress, Worry & Anxiety
- Relaxation Techniques
- Breathing & Relaxation
- Healthy Eating
- Guided visual meditation
- Better sleep

Exploring the benefits of: Music, Art, Movement, Nature, Colour, Socialising, Positivity & Eating Healthy.

The group will be at Priory Centre

Every 1st and 3rd Friday

10am - 11:30am



Contact Andrea for info

07761040703 / 01226 288772

www.barnsleycarers.co.uk