



Herefordshire,
Ludlow & North
Shropshire College



Free online Mindfulness and Wellbeing Workshop via Teams

A FREE Family Learning workshop for parents and carers



Working alongside Morda Primary's Sleep Week

In this workshop you will:

- Learn simple relaxing techniques
- Identify ways to support your physical and mental health
- Look at how to use sleep stories at bedtime

Wednesday 16th February 2:00 - 3:00 pm on Microsoft Teams

Interested?

Please fill in the slip below and return to school as soon as possible.

Reply Slip

I would like to attend the free '**Mindfulness workshop**' on Wednesday 16th February 02:00 pm – 3:00 pm on Microsoft Teams

Name: _____

Phone number: _____