

20th July 6.30-8.45pm

St Luke's Church, Tutshill

Mindfulness taster session

Our 8-week wellbeing course starts on 6th September to help with your mental and spiritual health. Led by Ian Bussell from Gloucester Diocese, come and find out how you can benefit at our taster session later this month – GREAT, if you've always wondered what 'mindfulness' means and GREAT, if you have experienced this before and want something local within your church community.

Contact Revd Nicki or
Ian Bussell at ibussell@glosdioc.org.uk