



THE HIVE

CREATIVITY ~ SPIRITUALITY ~ WELL-BEING

MENTAL HEALTH AWARENESS WEEK

GIVE YOURSELF A BREATHING SPACE AT THE HIVE

PROGRAMME

TUESDAY 11TH MAY, 11.00AM - 12.00PM

5 WAYS TO WELL-BEING WITH KATE JONES

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**THURSDAY 13TH MAY, 2.00 - 3.00PM**

**YOGA BREATHING FOR HEALTH WITH SUSAN JONES**

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FRIDAY 14TH MAY, 1.00 - 2.30PM

NATURE CONNECTION WALK FOR ADULTS

FRIDAY 14TH MAY AT 4.00 - 5.30PM

NATURE CONNECTION WALK FOR FAMILIES

WITH CHARLIE HOULDER-MOAT

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**BOOK YOUR FREE PLACE TO ALL EVENTS HERE**

**EVENTBRITE: <http://bitly.ws/cWhE>**

**TEL: 07976 286645 or EMAIL: [thehiveplace@gmail.com](mailto:thehiveplace@gmail.com)**

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**THE HIVE, CHALK HILL, GREAT CRESSINGHAM, NORFOLK IP25 6NP**

