



Online Relaxation Sessions to enhance the mental health and well-being of children aged 4-11 years



- Enhance concentration
- Reduce stress and increase happiness
- Develop confidence and build better friendships
- Learn techniques for emotional stability and positive mindset

Zoom Session Details

Mondays	Fridays
13:00-13:30	10:00-10:30

Please email info@healthyminds.org.uk to register for the sessions

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