



This Christmas is about sharing the **GIFT OF WELLBEING!**

This voucher is for the NCIM **MINDFULNESS FOR THE MENOPAUSE** course, 14 - 18 February 2020. 6 - 8pm, The Clifton Library, 13 Princess Victoria Street, Bristol BS8 4BX.

MERRY CHRISTMAS!

If you have any queries please email enquiries@ncim.org.uk or call 0117 370 1875.

