

The Community Mothers Program invite you to
Karen Power Creative Mindfulness Workshop
18th may 2022 - Borrisoleigh Community Centre
10.00 – 11.30

empty your
mind

get a good
sleep

go easy on
yourself

I'm going to be kind
to myself

go for
a walk



“ Our Mind – Self Compassion ”

Contact Us

067-31800
www.silverarchfrc.ie
info@silverarchfrc.ie
52 Silver St, Nenagh
Co. Tipperary, E45 P624



Booking Essential
067-31800 / 087 2780029