



“Make the present moment  
a pleasant moment”



## Discover the power of Mindful Movement!

Do you feel that life is passing you by? Or can it feel overwhelming at times? Would you actually like to be able to "keep calm and carry on"?

If you are a Knowsley resident then we can help show you how. Wellbeing Enterprises are offering a **FREE** six week course in how to make the **present** moment a **pleasant** moment using mindful breathing and movement in a fun and relaxed environment!

This is a gentle exploration of ways to take some of the stress out of life and put some joy back in its place. Anyone can take part, this is a very gentle course and you can take part in the movement from a seated or standing position, taking it at your own pace!

### Where & When:

**Northwood Community Centre**  
Gilescroft Avenue  
Kirkby,  
L33 9TW

### Tuesday 31st May, 10 – 11:30 am

FREE for 6 weeks (please note: there will be no session on 21st June, the final session will be on 5<sup>th</sup> July)

**This course will be led by Ian Grady, a local practitioner with years of experience. This is suitable for all levels of mobility and is very gentle on the mind and body.**

### To book or for more information:

Contact your Community Wellbeing Officer  
Rachael on 01928 589 799.