Navan Travellers Health and Wellbeing Newsletter





Everyday is a new beginning, take a deep breath, smile and start again

Some women took part in a mindfulness course last month, focusing on health and wellbeing with an emphasis on managing stress. All participates received pamper packs at the end of the course!



One to One Counselling Service

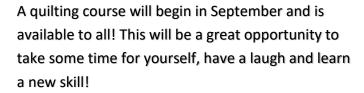
Free impartial support available through the One to One counselling service.

The service is available to all!

Call 089-4437296

"I'm not telling you it's going to be easy. I'm telling you it's going to be worth it"

Quilting course





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YOGA

6 Week Yoga class starting September, limited places available.

Contact us at (046) 9027801 / (085) 7533501

Or drop into Navan Travellers Workshop for more information!