

Navan Travellers Health and Wellbeing Newsletter



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

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"

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



Quilting course

A quilting course will begin in September and is available to all! This will be a great opportunity to take some time for yourself, have a laugh and learn a new skill!



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!

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