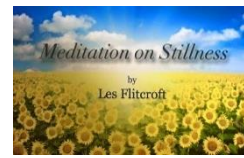




## Healthy Minds Online Relaxation sessions



Healthy Minds offers relaxation sessions within schools, the community and charitable organisations.

With most children unable to go into school and out of their normal routines, they may be feeling worried and unsure at this time.

**Come and join our free online relaxation/meditation sessions, suitable for children aged 4 - 11 years:**

**Mondays:** 1.00pm - 1.30pm  
**Wednesdays:** 3.00pm - 3.30pm  
**Fridays:** 10.00am - 10.30am

These sessions can help:

- \* increase happiness
- \* achieve calmness
- \* focus on positive thoughts

Parents/carers/teachers welcome to join in.

Please download the Zoom App for smart phones or for PC visit <http://www.zoom.us> to set up a free account.

To join each week, please see the following Zoom Meeting ID:

<b>Mondays:</b> 1.00pm - 1.30pm	<b>Wednesdays:</b> 3.00pm - 3.30pm	<b>Fridays:</b> 11.00am - 11.30am
ID: 954 - 3050 - 7064	ID: 913 - 9474 - 5914	ID: 971 - 2200 - 1623

To receive the Zoom access password, if you have any questions or would like more information, please contact: [info@healthyminds.org.uk](mailto:info@healthyminds.org.uk)

We look forward to seeing you there.

### Healthy Minds Team

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Website [Facebook](#) [Twitter](#) [Instagram](#)



*"Healthy Minds is passionate about enriching the lives of all children and young people, teaching them well-being for life tools and techniques, to carry them through their adult lives"*

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