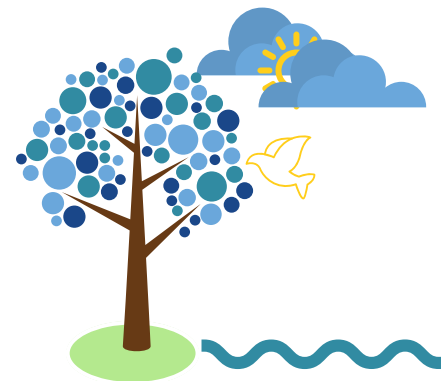




Mind
FULL



Mind
FUL

How is your mind? Is it healthy?

22nd March 2017



An initiative of Sutton Community Works (Reg. No. 1140363)

suttoncommunityworks.org

Calling all those in leadership teams in Sutton.
Who's heads are full of STUFF.
Who need some HEADSPACE.

*Sutton Community Works are hosting a workshop on
Christian mindfulness.*

Why not come along and discover something more.

Led by

Chris Ledger

Is a trained counsellor, supervisor with a private practice. She has spoken at conferences here and abroad and written books with Claire. Has a heart for whole person wellbeing.

Claire Musters

is an author, speaker and editor. Claires passion which fuels all that she does is to draw others closer to God and be all that they can be in Him.

Interested? book your £5 place: admin@suttoncommunityworks.org

Highfield Hall

22nd March 2017

9.30 - 12.30pm