



Words for Wellbeing

Exploring Your Inner and Outer World Through Writing

MIRFIELD CENTRE



Writing is good for you!

In this one-day course you will use the power of the written word to help promote your wellbeing. Through short, simple guided writing activities, you will explore your inner and outer world. The emphasis will be on the process, not the end product. Just bring along some paper, a pen, your enthusiasm and your curiosity. The day will be interspersed with short Mindfulness meditations and prayers to aid the process of being fully present in each activity and reflecting on your experiences.

Tuesday 4th July 2017

Led by

Judith Boardman and Revd Anne Wood

£20.00 (including lunch and refreshments)

10.00am-3.30pm

To book or for more details, contact:

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