

OUR AIM

- We aim to provide friendship, help, information and support, and a range of complementary therapies for our visitors.
- We aspire to be inclusive of those who may be living with cancer or who are in remission, whatever your beliefs.
- We also welcome family, friends and carers who are supporting you, as we recognise that they too may need support.

MY 'MCHC' CALENDAR

JULY 2019					
DATE	2 nd	9 th	16 th	23 rd	30 th
11:00 - 12:15		'Routes to Relaxation' Group	'HEARTS' Process Healing, Empathy, Aromas, Relaxation, Textures, Sound <i>Guided by: Ann Carter</i>	'STYLE' <i>Guided by: Helen Garth</i>	'Relaxation by Meditation' Group
My Other appointments					
AUGUST 2019					
DATE	6 th	13 th	20 th	27 th	Outside MCHC
11:00 - 12:15		'Routes to Relaxation' Group		'Relaxation by Meditation' Group	
My Other appointments			23 rd August 2019 - 2pm onwards 'Crown Green Bowls' at Prestbury Bowling Club		
SEPTEMBER 2019					
DATE	3 rd	10 th	17 th	24 th	Outside MCHC
11:00 - 12:15		'Routes to Relaxation' Group Followed by	'These Feet are made for Talking' With Jane Sheehan	'Relaxation by Meditation' Group	Saturday 21 st Mindful Compassion Partnership Retreat - 'Touching Peace'
My Other appointments		'Shared Lunch'			Friday 27 th to Sunday 29 th Mindful Compassion Partnership 'Autumn Weekend Retreat'

PROMOTING EXERCISE -- EVERY TUESDAY from 2:45pm - 3:45pm - In the 'CLUB ROOM', Prestbury Village Hall.

OUR AIM

- We aim to provide friendship, help, information and support, and a range of complementary therapies for our visitors.
- We aspire to be inclusive of those who may be living with cancer or who are in remission, whatever your beliefs.
- We also welcome family, friends and carers who are supporting you, as we recognise that they too may need support.

MY 'MCHC' CALENDAR

OCTOBER 2019			
DATE	1 st	8 th	15 th
11:00 - 12:15		'Routes to Relaxation' Group	22 nd
My Other appointments			29 th 'Relaxation by Meditation' Group
NOVEMBER 2019			
DATE	5 th	12 th	19 th
11:00 - 12:15		'Routes to Relaxation' Group	26 th 'Relaxation by Meditation' Group
My Other appointments			26 th Jewellery Workshop Guided by Fiona Reynolds
			Outside MCHC
DECEMBER 2019			
DATE	3 rd	10 th	17 th
11:00 - 12:15	'Routes to Relaxation' Group	Christmas Coffee Morning	24 th
My Other appointments		Outside MCHC Saturday 14 th 'Mindful Compassion Partnership' Retreat - 'Letting Go - New Beginnings'	31 st
			MCHC will not be open on these two dates.

PROMOTING EXERCISE -- EVERY TUESDAY from 2:45pm - 3:45pm - In the 'CLUB ROOM', Prestbury Village Hall.