



Restoring the BALANCE

MINDFUL

COMPASSION

Guided by
Ann Burgoyne

22n January 2019
11am—12:15pm
at
Prestbury Methodist Church

'An introduction to how we can use Mindful
Compassion skills in our everyday lives.'



BOOK YOUR PLACE
Tel. No.: 07981 899526
Email: macchelp@googlemail.com

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 them; we recognise that they too may need support.