

Grounding into The New Year



Morning Meditation

Speaker: Ann Kennedy (Self-Care and Wellness Community Education Tutor)

An opportunity to gain valuable insight into the positive effects of managing feelings of anger and frustration and to learn techniques in coping with this. Inviting in positive wellbeing to enhance our lives in 2025.

Lunch

Afternoon - Chair Yoga with Lynn

Date and Time: Saturday 18th January 2025,

11am - 3.30pm

Venue: St. Paul's Parish Hall Lisduggan Waterford X91 FN5V