

Cheshire West & Chester Council

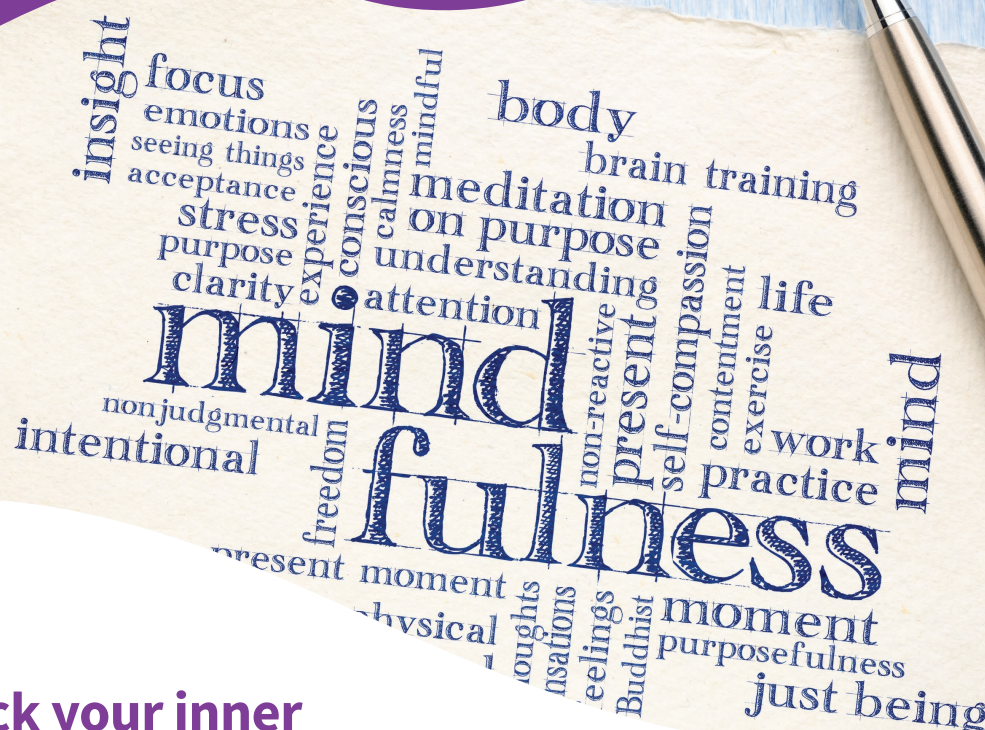
# Art and Mindfulness Workshop

At: Northwich Work Zone, Waterside House,  
Navigation Road, Northwich, CW8 1BE

**Tuesday 23rd April 2024:**

10.00am - 2.30pm

To secure your place  
call or text the  
Northwich Work Zone  
on **07833 236675**



## Unlock your inner artist effortlessly!

Dive into a delightful course designed to help you explore fresh avenues for relaxation and rejuvenation, all while embracing your creative side. Gain practical ideas to carry with you and seamlessly integrate into your daily life. No art skills necessary.

To register: Tel 07833 236675  
or email : [workzonenorthwich@cheshirewestandchester.gov.uk](mailto:workzonenorthwich@cheshirewestandchester.gov.uk)

