Cheshire West & Chester Council

## Art and Mindfulness Workshop

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

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

Wednesday, 10 July 2024 10am - 1pm

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## 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



