

Blaby Mind Matters

FREE Wellbeing Event

Sat 8th Sept 11am-7pm



Northfield Park 11-3pm

Therapy Horses
 Drumming Circle
 Fire engine
 Skipping Henry Youth bus
 Dance classes Group performances
 Master Gardeners Smoothie maker
 bike
 And more!

Fox & Tiger 11-3pm

FREE 'Good for your brain' food
 Rock n Roll dancers—just watch or join in!

Blaby library 10-12pm

Wriggly readers Lego
 Rock painting Story bags

Drop in centre 9-1pm

Breakfast 9-11am
 Info about groups

Social Centre Performances

2-4:30pm Dance & choir
 5-7pm Comedy & spoken word
 FREE Refreshments available

Civic Centre 11-2pm

Mental wellbeing support
 Mindfulness activities
 Reflexology sessions
 Mental health recovery talks & information



Congregational church 10-4pm

Kids activities Lunch 12:30
 FREE refreshments available
 Contemplation room

Mindfulness Leicester 10-2pm



Tai chi Mindfulness baking Meditation

Stay connected to your community,
 Keep your brain healthy and active,
 Try something new!