



# ESOL for Health



## mindful mama

- ✚ ***Are you a mum, aunty or grandma at Sebright school?***
- ✚ ***Do you want to practise your English with a friendly group of women?***
- ✚ ***Are you interested in health, wellbeing, diet and exercise for yourself, your children and your school community?***

**then come and join Mindful Mama!**

**at Sebright Primary School**

**every Thursday from 1.15- 3.15pm**

**Starting From Thursday 23rd February**

**Free Crèche**

**Free T-shirt!**

**Outing and Celebration for Champions**

**As a part of our special ESOL course, you will:**

- ✓ **Learn all about Mindfulness- for relaxation, healthy eating and exercise.**
- ✓ **Feel confident to talk to your GP and Pharmacist.**
- ✓ **Become a Mindful Mama Champion, helping your child, other parents, and your school to feel happier, healthier and live stress free.**

**For more information contact! *Dee Uddin* (07885367254) *Chinar Mohammad* (07525598495) or *schools office* (020 7739 6531).**