WELLBEING HUB · READING

STARTS WEDNESDAY 4 NOVEMBER

Breathe and *Be Held*

MazeOrg C.I.O

The Wellbeing Hub is a safe and welcoming space for adults to relax, restore and reconnect. Everyone is welcome.



What you get from it

Each session helps you let go of stress and tension, spend time with others in a friendly group and look after your mental wellbeing.

SESSIONS INCLUDE

Breathwork

Racing thoughts slow down and the tightness in your chest eases.

Meditation

You learn to notice hard feelings without being swept away by them.

Live music

Guitar and voice, played live in the room, lift a heavy mood.

Sound bath

The sound helps you relax deeply and glide into restorative rest.

Is this for you?

- ✓ You feel stressed, anxious or low.
- ✓ You feel isolated or lonely.
- ✓ You are recovering from trauma or a difficult time.
- ✓ You want to look after your emotional wellbeing.
- ✓ You would like a friendly, supportive community.

WHEN
Every Wednesday
12:30 to 2pm
Starting 4 November

WHERE
South Reading Community Hub
Room K, 252 Northumberland Avenue
Reading RG2 7QA

ENTRY
Free
Open to all adults
No experience needed

To register, email

info@mazeorg.com

or scan the code with your phone camera.

MazeOrg Charity is delighted to have received funding from The National Lottery Community Fund to deliver our weekly Wellbeing Hub in Reading.

COMMUNITY FUND