



Help us become a Mindful Village

We're offering **FREE** mental health training
for your business or community group.

 **5:30pm to 7:30pm**

 **Thursday 21 March**

 **Shelfanger Village Hall**

Scan me



**Book your spot on our
website or call 01508 505444**

**Help
Hub**

For more information, please visit our website
www.southnorfolkandbroadland.gov.uk/MindfulTowns

Or contact the team by emailing
communities@southnorfolkandbroadland.gov.uk