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| **ESOL for Health** |

* + ***Are you a mum, aunty or grandma at Nightingale 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 Nightingale Primary School**

***Every Wednesday from 9.15-11.15am***

***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! Birsel Cinar (07885367248) Chinar Mohammad (07525598495) or schools office (020 8985 4259).***