



BritishRedCross

Overcoming Parental Anxiety through Yoga

**RENOWNED PSYCHOTHERAPIST
BRONAGH STARRS & YOGA
PROFESSIONAL BRÍDÍN MULLAN**

**THUR 3 DECEMBER 2020 | 7.15PM-
9.15PM:**

ONLINE VIA ZOOM

**CONTACT: SIOBHAN: 07702338930/
NICOLA: 07860715719**

EMAIL:

COMMUNITYCONNECTOROF@REDCROSS.ORG.UK

Orba

*Health &
Wellbeing*