

Please join Citizens Advice Dunstable by booking your **FREE** space to start **YOUR** new way of living.

This autumn we invite you to delve deeper into strategies to **manage stress, develop mindfulness and boost your overall well-being.**

The taster session to access the wonderful range of **FREE** courses available from **Impact** will take place on:

 **Tuesday 5<sup>th</sup> November 2024**

 **10:30am – 1pm**

 **The Dunstable Leisure Centre, Court Drive, Dunstable, LU5 4JD**

 **socialprescribing@dunstable.cabnet.org.uk**

 **01582 670003**



**We look forward to meeting you.**

For a range of other services we can provide please contact Annie; you're local social prescriber at Citizens Advice.