

Wharfedale and Aireborough Methodist Circuit and MHA host —

Exploring Spirituality



A day focussing on the spiritual needs of older people

Saturday 12th March 2016 at Guiseley Methodist Church 10.00am-3.00pm
coffee / tea provided, bring your own lunch)

Workshops include :

- Mindfulness (*please book in advance*)
- Bereavement
- Circle Dancing (*reminiscence activity*)
- End of life care
- Dementia friendly church

There is no charge for this event
(donations gratefully accepted)

Booking essential : contact Liz Day
01943 830228 or e.day@btinternet.com

