

CAFÉ PSYCHOLOGIQUE

**Conversations in the art of life...
talk, listen and share**

Tuesday 24 July 8 pm

MINDFULNESS

**Introduced by Dr Kamila Hortynska,
Clinical Psychologist**

Hosted by Chris Powell, Group Analyst

**SEVEN ARTS, CHAPEL ALLERTON, LS7 3PD
THE LAST TUESDAY EVERY MONTH AT 8PM
£3 ON THE DOOR**

**MORE INFORMATION: CAFE@SPARK.UK.NET
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