

FREE WELLBEING SESSIONS

With Gary Fielder
ADCH Wellbeing Volunteer



*Explore what affects your wellbeing
and how mindfulness & meditation can help you*



Maintain and improve
your emotional and
physical wellbeing



Develop strategies
to foster resilience
and wellness



Confidential
sessions. No previous
experience needed.



Sessions alternate
between the morning
and the evening

ZOOM sessions every Wednesday



Scan for more information



ADCH

Association of Dogs and Cats Homes