

Bedfordshire and Luton Recovery College



Official Launch Day Luton Recovery College 21 October

FREE TASTER SESSIONS

Laughter Yoga @ 10.30am

Poetry for All with Haneefah Muhammed @
11.30

Beatboxing for breathing with Ozzlebox @
12.30

Get creative with the Art Therapy team @ 2pm



Luton Central Library,
2nd Floor,
St. George's Square, Luton, LU2 2NG
10am - 4pm

Click the link or scan the QR code to register and
book your place or email us.

https://mindrecovery.net.org.uk/providers_profile/bedfordshire-and-luton-recovery-college/?fbclid=IwAR1cxCtboowwtg2wPzJ28oJY23MjEQI6NfTBkoK7CtTvkr4sibNeXduWl8



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SCAN ME

