



Reading for Wellbeing

Discover the therapeutic benefits of reading and improve your overall wellbeing. It's all about how you read and the way this makes you feel. Whatever your story, come to a Reading for Wellbeing session at one of our Mindful Mondays - a warm welcome awaits!

MINDFUL MONDAY DROP-INS TAKE PLACE SECOND AND FOURTH MONDAY OF EVERY MONTH, 10.00AM TO 2PM (FROM MON 28TH JULY 2025)

CASTLE CHAMBERS CAFE,
26 CASTLE STREET, BARNSTAPLE EX31 1DR

ENTRY £5



Scan the QR
code for details

Email: info@thewoodyard.org.uk



**Reading for
Wellbeing**

A project supported by best
selling author, Ann Cleeves