

## The Wellbeing centre Workshop 6

Mandala Stone and Meditation workshop are where you create your own artwork then delve into a specific grounding meditation. If you or someone you know would benefit from these please get in touch or send a referral. Sessions are open to those diagnosed with a life limiting illness or a terminal diagnosis – in and outpatients, family members and care givers. Please call to reserve your place.

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**Organiser:** Marie Curie

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## Useful Organisations

### Marie Curie Newcastle

**Email:** [newcastle.hospice@mariecurie.org.uk](mailto:newcastle.hospice@mariecurie.org.uk)

**Website:** <https://www.mariecurie.org.uk/help/hospice-care/newcastle>

**Telephone:** 0191 219 1000