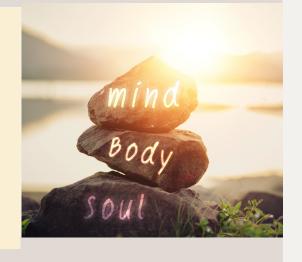
## Recovery College Official Launch Day Luton Recovery College October

## 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://mindrecoverynet.org.uk/providers\_profile/bedfordshire-and-luton-recovery-college/?fbclid=IwARicxCtbooowwtg2wPzJ28oJY23MjEQ16NfTBkoK7CtTvkr4sibNeXduWl8



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