



Hope in the Heart cic hosted by
introduces



Compassion, Health and Wellbeing

A Free Creative Workshop

Wycliffe Surgery, 8 Cattedown Rd, Plymouth PL4 0BZ

Thurs 21st February 10am – 1pm *Booking essential
Free refreshments

How can compassion for self, others and community
affect all areas of health and wellbeing?



The Compassionate Plymouth City Initiative, in association with
The Charter for Compassion, is a flagship Compassionate
Community for the UK.

More info at www.compassionateplymouth.com

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Compassion = Empathy + Action