



St Columba's  
Hospice Care



**NHS**  
Lothian

# Living well

**NHS Bereavement Support Group are delighted to collaborate with St Columba's Hospice Care to offer a session called 'Learn to Relax'**

On Tuesday 31st of October 2.30pm -3.30pm

**Cameron House Community Education Centre  
Prestonfield Avenue  
Edinburgh  
EH16 5EU**

We provide a safe space for you to chat to others who may be experiencing similar thoughts and feelings.

**For more information or to book a space, please  
call 0131 242 1996 or email  
bereavement.service@nhslothian.scot.nhs.uk**

**Scan here  
to register**

