



- Reduce **Stress & Anxiety**
- Restore **Wellbeing**
- Change **Unhelpful Habits**
- Calm **Negative Mind Chatter**
- **Learn how to live in the Here & Now**

Starts **Friday 20th October** (11.30am to 1.30pm)
At **Dore & Topley United Reformed Church Hall**

Contact **Vicky** for full details

on **07753842525** or email: peopleinsync@sky.com

Mindful Living

An 8 week course in

Mindfulness



Mind Full, or Mindful?

“Get out of your head & back in to your life...”