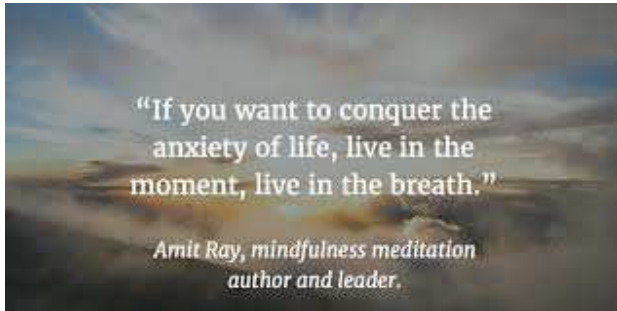


Mindfulness and Meditation with Amanda



Come along to this 4week introductory course to learn how mindfulness and meditation can help you to cope with the stresses and strains of modern life.

Amanda will give you some techniques and exercises that you can do at home to improve your emotional well-being

The 4week course will be held on Tuesdays
Starting on: 20thAugust 2019

At: Health Education Room Banstead Clinic Bolters Lane, Banstead SM7 2BQ

Each session starts at 10am and ends at 11am

To join, you need to register with Mary Frances Trust

You can contact MFT by:

Tel: 01372 375400, Text: 07929 024722

email: info@maryfrancestrust.org.uk

you can also complete a referral form on-line at:

<https://www.maryfrancestrust.org.uk/how-to-join/>

Mary Frances Trust supports people to improve their emotional wellbeing through one to one support, courses, groups and activities designed to aid recovery