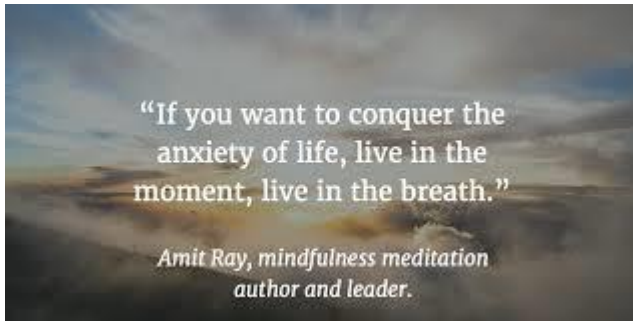


Introduction to Mindfulness



This short workshop will introduce you to mindfulness techniques to help relieve anxiety and stress

Date: Tuesday 26th September 2019
Venue: Leatherhead Institute Room G5
67 High Street Leatherhead KT22 8AH
Time: 1pm-4pm

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

This workshop is part of a programme delivered in partnership with the AshLea Medical Practice and Assura Healthy Communities Scheme.



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

