

Introduction to Mindfulness



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This is a free workshop giving an introduction to mindfulness

Topics include:

- What is Mindfulness?
- How can Mindfulness help me?
- Practical Mindfulness strategies to try
- Where to find more help and support

Date: Friday 20th September 2019

Venue: The Banstead Centre, The Horseshoe, Bolters Lane, Banstead, SM7 2BQ

Time: 10am- 12.30pm

Facilitator: Angie Muscio

To Book your place:

Firstly register with Mary Frances Trust to obtain a pin number

Contact: 01372 375400 or

Email: info@maryfrancestrust.org.uk

Then book online at www.wea.org.uk course

reference: C3744935 or phone 0300 303 3464



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