

Introduction to Mindfulness

wea.org.uk

This is a free workshop giving an introduction to mindfulness

Date: Wednesday 6th February 2019

Venue: The Brickfield Centre, Portland Place, Epsom, KT17 1DL

Topics include:

Time: 6.30PM- 9.30PM

Facilitator: Angie Muscio

Book today:

Contact: 01372 375400 or

Email: info@maryfrancestrust.org.uk

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



Education & Skills
Funding Agency



European Union
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