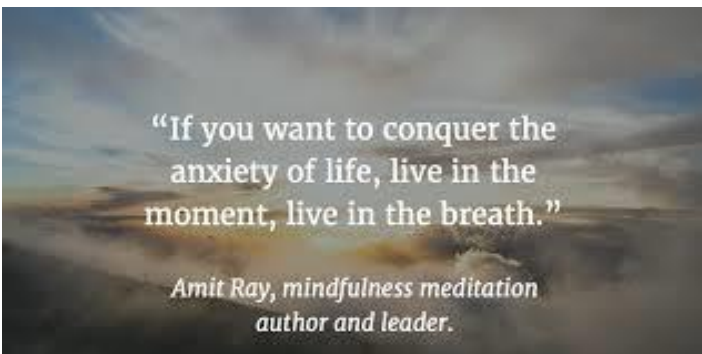


Mindfulness and Meditation Workshop



Come along to this 2-hour workshop 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 2-hour workshop will be held on:
Thursday 29th August 2019

At: Transform Housing, 35 Hersahm Road,
Walton-on-Thames. KT12 1LE

The workshop starts at 1pm and ends at 3pm

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

