



## Mindfulness Training by Aware

Mindfulness is a form of meditation.. It helps you develop skills and techniques to cope with the daily challenges a busy life can bring such as stress and anxiety. It involves making a special effort to give your full attention to what is happening in the present moment –and to what's happening in your body, your mind and or your surroundings.

**Where:** Bradbury Health and Wellbeing Centre Conference Room

**When:** Tuesday 22nd October – Tuesday 26th November 2024  
from 6.30pm-7.30pm

To register for a place please complete this [MS Form](#)