

Free 5 Week Course!



Fully funded
for adults
aged 19+

Introduction to Mindfulness

PLACES ARE LIMITED – BOOKING ESSENTIAL

Learn Mindfulness practices to help manage anxiety in these current times and enhance your general wellbeing

- Welcoming and friendly environment
- Led by an experienced mindfulness trainer
- First session is an introductory session to find out more about mindfulness and if it is for you

This is a 5 week course taking place every Tuesday:
10th, 17th, 24th November & 1st, 8th December 2020
10.00am – 12.00pm Online via Zoom

To find out more or to book:
call: 030 300 38212
email: community.info@escg.ac.uk

