



## **WELLBEING & STRESS MANAGEMENT IN TIMES OF DIFFICULTY**

**We invite you to join a FREE six session online mindfulness based programme to learn skills to increase your health and wellbeing during these difficult times.**

**Programme aims:**

**Stress / Anxiety Reduction**

**Increase Emotional Control**

**Reduce Feelings of Loneliness & Isolation**

**Increase Confidence & Hope for The Future**

**Increase Feelings of Calm**

**One 30 minute session per week for six weeks with four different time slots available to suit personal circumstances as follows:**

**Tues 11am, Weds 9.30am, Thurs 3pm, Fri 3.30pm**

**Session 1 commences Tuesday 7th July 2020 at 11am**

**Register online at <https://www.eventbrite.co.uk/e/111674431230>**