

Mindfulness for Peace of Mind...



...and a Stronger You

FREE Mindfulness program specifically for Carers

Find your inner peace of mind, learn how to reduce your stresses and anxieties, gain emotional control – these are just some of the skills and benefits you'll gain when you take part in our Mindfulness program.

Our FREE Mindfulness program for Carers runs weekly for four consecutive weeks:

- ◆ Tuesday 6th June, 10am-11:15am
- ◆ Tuesday 13th June, 10am-11:15am
- ◆ Tuesday 20th June, 10am-11:15am
- ◆ Tuesday 27th June, 10am-11:15am

Venue: Riverside Natural Health Centre, Victoria Embankment, Nottingham – a central location easily accessible by car and local public transport.



Contact the Nottinghamshire Carers Hub on
0115 824 8824 to secure your place