

Free Midday Mindfulness



Discover the power of mindfulness

Mindfulness can help relieve stress and anxiety, help you cope with physical and mental illness and promote more positive mental health.

Benefits of Mindfulness:

- Reduces stress
- Improves concentration
- Promotes better sleep
- Improves well-being
- Reduces anxiety
- Improves focus

To register for any or all of these one hour sessions visit www.bit.ly/middaymindfulness or scan the QR code!



All sessions are at 12pm on:
Thursday 12th February
Wednesday 11th March
Wednesday 15th April
Monday 11th May
Thursday 11th June
Tuesday 14th July
Wednesday 16th September
Monday 12th October
Thursday 12th November
Monday 14th December
Thursday 14th January 2027



SCAN ME!

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 www.every-one.org.uk

