

Free fully funded online mindfulness course



Course length
6 WEEKS

Start date
27 SEPTEMBER 2022

When?
EVERY TUESDAY

What time?
10 AM - 12 NOON - MINDFULNESS
FOR OLDER ADULTS (**OVER 65**)

Would you like to learn about mindfulness?

Mindfulness has been shown to:

- Improve sleep, de-stress and reduce anxiety and depression.
- Improve memory, attention and concentration
- Help relieve chronic pain

All courses delivered by a clinical psychologist

To find out more and to book, visit:

www.adelepacini.co.uk

Or enquire via

raechel@adelepacinimindfulness.co.uk

