

# INTRODUCING MINDFULNESS

*Reclaiming a meaningful Life*



## SESSION DETAILS

### DATES

Each Monday for 4 weeks  
4 – 25 May 2020

### TIME

1.30pm - 4.00pm  
Morning tea provided

### VENUE

Central West Women's  
Health Centre  
20 William Street, Bathurst

### COST

\$45 for four sessions  
(Concession available for  
financial disadvantage)

### TO REGISTER

Contact: Ann-marie  
Health Promotion Worker  
T: 6331 4133  
E: [healthed@cwwhc.org.au](mailto:healthed@cwwhc.org.au)

If you require childcare please  
discuss with us

Supported with funding from  
NSW Ministry of Health (WLHD)

**Join our four-week course on Mindfulness for Women. You will learn an easy way of paying attention that may help you cope with everyday life or deal with those tough times.**

**A great way to improve  
mental and physical health.**

## Why practice Mindfulness?

There is a lot of evidence on the many benefits of mindfulness. It can:

- Help to relieve stress and provide relaxation
- Help to improve sleep
- Help manage depression and/or anxiety
- Help you to be less angry or moody
- Improve memory
- Help you learn more easily
- Help you to solve problems more easily
- Improve levels of acceptance & contentment
- Help you to become more emotionally stable
- Improve your breathing
- Reduce your heart rate
- Improve your circulation
- Improve your immunity, or assist you to cope with pain

Enrolment and payment is required before bookings can be confirmed.

Each session builds on the previous one so attendance at all sessions is important.

If you have a mental health condition, please ensure you have appropriate professional support outside the group.

*Finding acceptance for  
what is here right now*

