

INTRODUCING MINDFULNESS

Reclaiming a meaningful Life



SESSION DETAILS

DATES

Each Thursday for 4 weeks

Dates:

6th October

13th October

21st October

27th October

TIME

Time 2pm – 4pm

VENUE

Central West Women's

Health Centre

61 Boyd Street, Kelso

Light refreshments provided

COST

\$45 for four sessions

(Concession available for financial disadvantage)

TO REGISTER

Contact: Reception

T: 6331 4133

E: information@cwwhc.org.au

Join our four-week course on Mindfulness for women. You will learn a simple 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

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

