

FREE Mindfulness sessions for CARERS, putting YOUR Health & Wellbeing first



FREE Mindfulness Health & Wellbeing sessions specifically for Carers in Nottingham City

Over the 4 weeks you will learn how to reduce your stresses and anxieties, gain emotional control, relaxation techniques to help you sleep, improve your focus and self awareness

The Mindfulness Well Being Course runs for four consecutive weeks (programs throughout the year) each weekly session lasts for 1 hour & 15 minutes.

A free sitting service may be available for the person you are caring for whilst you attend.

Venue: Riverside Natural Health Centre, Trent Bridge, Victoria Embankment, Nottingham, NG2 2JY, parking is available on site, bus service available from City Centre.



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Contact the Nottinghamshire Carers Hub on
0115 8248 824 for more information and
to book your place