

Free Mindfulness Course for City Carers

Find your inner peace & a stronger you

The Mindfulness course runs for 4 consecutive weeks:

Dates: Tuesday 11th, 18th, 25th September & 2 October 2018

Time: Arrive 10.15am, prompt start 10.30am, finish 11.30am

**Venue: Riverside Natural Health Centre, (next to Topknot)
1-3 Victoria Embankment, Nottingham NG2 2JY
Parking available and public transport from the
City Centre, buses: 5, 6, 7, 8, 9 get off at Trent Bridge**

During the course you will learn simple techniques and discover how practising Mindfulness on a regular basis can help to reduce your stress and anxieties, improve your focus and gain emotional control over your life.

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



Nottinghamshire Carers Hub is funded by:



**Nottingham
City Council**

NHS