

Bromley

Well

Bromley
MINDFULNESS



Mindfulness for Resilience

A free course for carers

in partnership with Bromley Mindfulness

2nd August to 23rd August 2018 (4 weeks)
Thursdays at 10:00am to 11:30am

Azelia Hall, 258 Croydon Road,
Beckenham, BR3 4DA

This course will introduce and teach meditation, stress management and emotional resilience techniques, giving you the key skills to increase your resilience and improve your wellbeing.

Benefits:

- Regulate emotions
- Manage stress and anxiety
- Increase focus
- Calm the mind and sleep better
- Reduce boredom, impatience, frustration and irritation



For further information or to enroll please contact Bromley Well on **07535 963416**
or email carers@bromleywell.org.uk www.bromleywell.org.uk

 @BromleyWell

Delivered by:



Funded by:



Clinical Commissioning Group