



Mindfulness for Wellbeing

A **FREE** experiential course exploring how to develop mindfulness in everyday life

This 8 week Mindfulness Based Cognitive Therapy course is NICE approved to prevent relapse into depression and is known to help many conditions such as chronic fatigue syndrome, anxiety and stress

- Learn how developing mindfulness can build resilience to stress and depression and create a sense of wellbeing
- Practice simple and effective techniques that can be practiced anywhere at any time
- Explore strategies for deepening and sustaining a personal practice once the course has finished

Dates: Every Wednesday from 27th February to 24th April 2019 12:30 – 14.45, (exc 17th April) with a day of practice on Sunday 31st March, 10:00 – 15:00

Cost: FREE*

Venue: City centre location

*This course is available **free** for those who are unwaged and in receipt of out of work benefits

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Norwich and Central Norfolk Mind is a registered charity - No. 1118449