

# Mindfulness



**Monday (10:15am - 11:15am)**

**at Riverside Wellbeing, Whaley Bridge**

**Learn what Mindfulness is about**

- **Increase your mental, emotional and physical well-being**
  - **Use Mindfulness to be happier and reduce stress**
  - **Be more at peace, fulfilled and contented**

**Sessions starting Monday 24th Feb**

**For more details contact Bob Chiang - mobile: 07971172055**

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