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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | | **Mindfulness Practice**  http://publichealth.warwickshire.gov.uk/files/2014/04/word-cloud.jpg |  | | **NL_BIG_E_MIN_BLKMindfulness for Wellbeing**  **For those who have previous Mindfulness experience** Everyday Mindful Living will help you:Become aware of the present momentTune in to the world around youIdentify negative thoughts & feelingsUnderstand unhelpful habits/reactionsLet go of limiting beliefsNotice your response to stressManage AnxietyImprove your MoodEnhance your Wellbeing | | Logo placeholder | |  | |  | | --- | | **NL_BIG_E_MIN_BLKNL_BIG_E_MIN_BLKNL_BIG_E_MIN_BLK Thursday** **29 July****2017****1.30 to 3.00****Derby Women’s Centre****DWC NEW LOGOTechniques to enhance your WELLBEING****Be Kind to****Yourself … Make space for YOU!** | |  | | **NL_BIG_E_MIN_BLKAt 4 Leopold Street, Derby, DE1 2HE**  **Contact Elaine**  **for booking & more info**  **01332 341633** | |

**http://www.derby-womenscentre.org.uk/mindfulness-what-it-is-and-how-can-it-benefit-you/**