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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 moment Tune in to the world around youIdentify negative thoughts & feelingsUnderstand unhelpful habits/reactionsLet go of limiting beliefsNotice your response to stress Manage Anxiety Improve your Mood Enhance your Wellbeing |
| Logo placeholder |

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| **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!**  |
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| **NL_BIG_E_MIN_BLKAt 4 Leopold Street, Derby, DE1 2HE** **Contact Elaine** **for booking & more info****01332 341633** |

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