

Tü Vida



Nottinghamshire
Carers Hub

FREE 'Virtual' Mindfulness Course for City Carers

Find your inner peace & a stronger you

The Virtual Mindfulness course will run for four consecutive weeks, details below:

Friday 6th May 2022

Friday 13th May 2022

Friday 20th May 2022

Friday 27th May 2022

10.30am to 11.30am

Virtual via Zoom

(The link will be sent out a few days before the sessions start)

Over the course of 4 weeks you will learn simple techniques and discover how practising Mindfulness on a regular basis can help to reduce your stress and anxieties, improve your focus and gain emotional control over your life.

To book your place, contact the Nottinghamshire Carers Hub on 0115 8248 824 or Email: nottinghamshirehub@tuvida.org



Nottingham
City Council

