



Mindfulness

Mindfulness is about consciously bringing your awareness to the here and now. Research has shown that mindfulness training helps you to deal with stress better, improve your concentration, reduce obsessive thinking, as well as improve your psychological and physical well-being.

This one night seminar gives you an practical introduction to Mindfulness, covering:

- Simple mindfulness exercises
- How to manage uncomfortable or painful feelings
- How to manage negative thinking

Monday 30 November – 6.30pm to 9pm

Lotteries House, 7 Anzac Place, Mandurah

\$30 per person (\$15 for concession card holders)

**Places are limited, so book now on 6164 0588 or
Email: Mandurah.Education@relationshipswa.org.au**